

the VEGAN food revolution

# PlantBased

APRIL 2019 • ISSUE 18 • £4.99

# 80

## VEGAN

RECIPES,  
IDEAS AND  
MORE

ALSO INSIDE

HOW TO BE  
VEGAN ON  
A BUDGET

5 EASY  
BREAD RECIPES



HAVE A  
**CRACKING**  
VEGAN EASTER

£4.99





# YOU DON'T KNOW OATS UNTIL YOU KNOW OURS

Because you really do have to experience our unique creamy taste to believe it.

So next time you choose your oats, go that little bit further and taste the journey that every White's kernel has been on.

[whitesoats.co.uk](http://whitesoats.co.uk)

TASTE THE JOURNEY

Available in all leading supermarkets in Northern Ireland and Waitrose in Great Britain.







# Hi there,

**W**elcome to our awesome April issue. As well as bringing blue skies, springtime flowers and the smell of freshly-cut grass, April also brings with it my birthday. Now, I'm sure when you picked up this copy of PlantBased from the supermarket mag stand, or off your front door mat, you expected to read more about food, fitness and vegan icons, than about me reaching the ripe old age of 24. That's an understandable expectation, and yet, here we are.

But, roll with me on this – there's a point. Birthdays are catalysts for 'big thoughts', for contemplating life's larger issues, the choices you've made over the last year, and what you hope to achieve next – a bit like New Year's Eve, but with more cake. In this last year, I've transitioned to a vegan lifestyle. It has completely altered my viewpoint on so many factors in life, as I believe it does for most new vegans. We become more educated on the topics of health and environment, but, unfortunately, also become more aware of the horrendous suffering that goes on in the world – especially in consideration to our animal friends (I once thought that it must have been a vegan who coined the phrase 'ignorance is bliss'; it was actually Thomas Gray). But it's nice to know that in one full year of veganism, you, I, or any vegan, could have saved 401,500 gallons of water, 10,950 square foot of forest and 365 animals' lives. So the point is: don't give up! Strive to do as much as you can, and take time to reflect and ask yourself: 'what more can I do to help?'

One man always hoping to help is Jean-Philippe Cyr aka The Buddhist Chef. Turn to page 58 to hear how his morals, religion and one questionable catering event helped him make the jump to veganism.

Also this issue, we're dipping our toes into the tropical pool that is Asian cuisine. Turn to page 40 to try our delicious plant-based Asian recipes. And if you're focussing on another celebration this month i.e. Easter (don't worry, I won't take offence) then check out page 16 for our chocolate bundt cake recipe – it's the perfect teatime treat for the big day.

Have an egg-cellent vegan Easter!

*Tori*♥

Tori Cotton, *PlantBased* Editor

## GET IN TOUCH



facebook.com/plantbasedmag



@plantbasedmag



@plantbasedmag





# CONTENTS

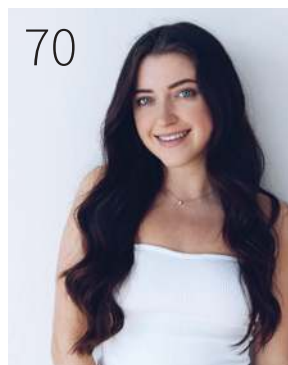
## April 2019

### REGULARS

- 06 News
- 12 Ask The Experts
- 14 Supermarket Finds
- 20 Top 5 Herbs For Your Home
- 32 Out and About: Dirty Burgers and Naughty Nachos
- 34 Hot Products
- 44 The V Word: Moral Conflicts
- 46 Essential Guide to Baking Perfect Bread
- 64 An Apple A Day: How To Handle Hay Fever, Asthma and Eczema
- 76 Plant Powered Planet: Vegan in Vienna
- 82 Veg In Focus: The Lowdown On Jerusalem Artichokes
- 88 Dr Greger: Does Diversity Matter?
- 90 Nutritionist's Notebook: The Power Of Plant Milks
- 96 Into The Wild: Bramble Bushes
- 98 Grow Your Own Super-Speedy Crops
- 100 Plant To Plate: Acing Asparagus
- 106 Special Report: What To Eat When You Exercise
- 114 Loose Ends

### FEATURES

- 09 Our 5 Favourite Plant-Based Popcorns
- 10 The Best Vegan Easter Eggs
- 26 Plant-Based Pioneer: Steven The Van Gogh Vegan
- 28 Why You Should Walk More
- 38 How To 'Veganise' Asian Cuisine
- 58 The Buddhist Chef Talks Morals, Mantras and Easy Vegan Food
- 70 Liv-ing On A Budget: Liv B Shares The Secrets To Low-Cost Living
- 79 Refined-Sugar-Free Sweets You'll Love
- 94 Marvellous Milks: 5 You Have To Try



### RECIPES

#### EASTER

- 16 Chocolate Bundt Cake
- 21 Lemon and Lime Shortbread
- 22 Carrot Cake with Cream Cheese Icing
- 24 Hot Cross Buns

#### RECIPE OF THE MONTH

- 18 Seitan Klefiko

#### MEALS IN MINUTES

- 30 Mixed Vegetable And Houmous Tart

#### STEP BY STEP

- 36 Vegan White Sauce

#### ASIAN INSPIRATION

- 40 Pho
- 41 Thai Green Curry
- 42 Onigirazu
- 43 Kottu Roti

#### BEAUTIFUL BREADS

- 48 Buckwheat Soda Bread
- 49 Wholemeal and Lentil Bread Rolls
- 50 Wholemeal and Pumpkin Seed Pretzels
- 51 Wholemeal Pitta Bread
- 52 Sundried Tomato, Olive and Pesto Wholemeal Plait

#### MOROCCAN SPICE

- 57 Butternut Squash Houmous
- 57 Harira
- 57 Zaalouk
- 57 Moroccan Spiced Falafels

#### THE BUDDHIST CHEF

- 60 General Tso's Tofu
- 61 Spicy Peanut Tofu

#### KIDS COOK VEGAN

- 63 Mini Frittatas

#### WHOLE FOODS

- 66 Vegetable and Lentil Moussaka

- 67 Millet and Vegetable Patties with Red Pepper Dressing
- 68 Peanut Butter Blondies

#### BUDGET MEALS

- 72 Liv B's Takeout Thai Curry Coconut Soup
- 73 Liv B's Edible Cookie Dough
- 74 'No Beef Here' Stew
- 75 Lentil 'Meat' Loaf with Garlic Spinach

#### PLANT POWERED PLANET

- 78 Austrian Goulash

#### ARTICHOKE DELIGHTS

- 84 Baked Artichoke Wedges with Lemon and Garlic Aioli
- 85 Jerusalem Artichoke Soup with Sautéed Chestnut Mushroom Crumb
- 86 Jerusalem Artichoke and Asparagus Risotto with Gremolata
- 87 Jerusalem Artichoke and Potato Boulangere

#### HOMEMADE PLANT MILKS

- 93 Pistachio 'Milk'
- 93 Quinoa 'Milk'
- 93 Hemp 'Milk'

#### INTO THE WILD

- 97 Pickled Bramble Stars

#### PLANT TO PLATE

- 101 Asparagus Bundles with Vegan Hollandaise

#### BEST OF THE REST

- 102 5 Super Simple Rice Flavours
- 103 Fruity Coconut Bread and Butter Pudding
- 104 Seitan Stroganoff

#### READER'S RECIPE

- 110 Liz's Family Favourite Tomato Dhal



93



16



49



**NUTRITION CODES:**



Soya Free



Oil Free



Gluten Free



Nut Free



Freezable



Raw



# PlantBased NEWS

Rounding up the latest plant-based food, health and product news

## COULD THESE **NON-GMO SEEDS** HELP CREATE A NEW **ECOSYSTEM?**

Seed start-up company Equinom ([equi-nom.com](http://equi-nom.com)) is using natural breeding techniques to create high-functioning, non-GMO seeds that, according to the company, will actually have a superior nutritional profile. Said to help produce high-quality crops on less land, with less water consumption and less crop waste, Equinom's smarter seeds aim to pave the way for a new ecosystem and more responsible sourcing of high-value plant protein.

The project will primarily work with grains and pulses; creating chickpea, sesame and soya plants that could offer you higher protein levels, as well as having reduced amounts of anti-nutritional factors (which can stop the protein and minerals being absorbed by the body) therefore increasing the food's bioavailability. In the long term, the company aims to move the agriculture sector into a new, more sustainable and more profitable phase, while increasing plant diversity at the same time.

So far, Equinom has signed a number of contracts with global leaders in the food industry, to help them improve the growth of their plant proteins, and, eventually, create a more sustainable ecosystem.



## NEW **V-GO! CAFÉ** OFFERS SCOTTISH UNI STUDENTS **GREENER MEAL DEALS**

The University of Sterling, in Scotland, has welcomed a new vegan hotspot. The V-Go! café was launched by BaxterStorey ([baxterstorey.com](http://baxterstorey.com)) and aims to meet the university's growing demand for plant-based food – offering the 14,000 students an array of cruelty-free treats. Alongside carrot cake and vegan 'sausage' rolls, the eatery offers rustic sandwiches, such as the maple-glazed tofu Reuben and a vegan BLT. Perkier bars, Minor Figures cold brews and Rebel Kitchen dairy-free mylks also star on the menu.

As well as offering tasty vegan treats, the café also promotes a 'Ground to Ground' initiative, which encourages customers to recycle their used coffee grounds to use as fertiliser for their home and campus gardens.

BaxterStorey's managing director, Jeremy Wood said: "With the growing trend for more plant-based options, we're proud to be able to introduce a range of beverages and snacks, which benefit the environment, as well as the health and wellbeing of our customers".

Thanks to the already huge success of the Scottish café, the brand is now aiming to expand their vegan outlets to cater for other universities in the area.





## NEW PLANT-BASED PODCAST TOPS ITUNES CHARTS

Michael Perry (gardening expert and regular guest on ITV's *This Morning*) and Ellen Mary (radio show presenter) have joined forces to launch The Plant Based Podcast. Created in celebration of all things plants, the podcast welcomes an array of special guests including a plant-based bodybuilder, who thanks veganism for his impressive muscles; an expert from the Chelsea Physic Garden, who discusses plant-based home remedies, and the owners of a restaurant tipped to be the first Michelin star vegan eatery.

Within 24 hours of the podcast going live, it sped to the number one spot on the games and hobbies chart – highlighting the huge interest in plant-based living, home growing and improving the environment. New episodes go live fortnightly, on Sundays, and can be subscribed to via iTunes, Spotify or [theplantbasedpodcast.net](http://theplantbasedpodcast.net)



## MORE THAN **ONE** IN **FIVE** BRITS WILL BE **MEAT-FREE** FREE BY **2020**

According to new research, almost 12 million UK residents say they will follow a vegetarian, vegan or pescatarian diet by the end of this year. The numbers of adults currently following these diets is estimated to total 6.5 million, meaning that – if Brits stick to their no-meat pledge – the number of non-meat eaters would almost double by 2020.

In addition, the study estimates that 2.2 million people are expected to adopt veganism throughout 2019 – which would increase the numbers of British vegans by around 327 per cent. Younger generations, specifically, are said to be more open to going meat-free; 94 per cent of those born before 1945 are said to follow an animal-based diet, with no current intent to change, while this drops to only 63 per cent of post-millennials (those born after 1996).

To see the full results from the survey, head to [finder.com](http://finder.com)





## COULD WALNUTS DECREASE YOUR CHANCE OF DEPRESSION?

A new study has suggested that eating walnuts could lower the prevalence and frequency of depressive symptoms. Researchers found that depression scores were 26 per cent lower for those consuming walnuts and eight per cent lower for those consuming other tree nuts, compared to those not consuming any.

"According to the CDC (Centers for Disease Control and Prevention), one out of every six adults will have depression at some time in their life. It is important to find low-cost interventions, such as dietary changes, that are easy to implement and may help reduce the incidence of depression," says lead investigator Dr. Lenore Arab of the David Geffen School of Medicine, at The University of California, Los Angeles. "Walnuts have previously been investigated for their role in cardiovascular and cognitive health, and now we see an association with depression symptoms – providing another reason to include them in a healthy eating plan."

In comparison to other tree nuts, walnuts have a rather unique fatty acid profile – they contain predominately polyunsaturated fats, including lots of alpha-linolenic acid (omega-3), approx. 2.5g per ounce, in fact, which is believed to be more than any other nut.

Head to [mdpi.com](https://www.mdpi.com) to read the full study, or check out [walnuts.org](https://www.walnuts.org) to read more about the physical and mental health benefits of walnuts.

## HARD-HITTING REALITY TV SHOW ASKS OMNIVORES TO QUESTION THE ETHICS OF MEAT

A recent poll by YouGov ([yougov.co.uk](https://www.yougov.co.uk)) concluded that 87 per cent of Brits believe it's acceptable for humans to eat meat. However, 56 per cent have considered reducing or giving up meat. The new show, *Travel with a Goat*, produced by Insight TV ([insight.tv](https://www.insight.tv)), looks at the ethics of eating meat and gives viewers an insight into the reality of the meat industry.

*Great British Bake Off* winner, Sophie Faldo, is one of the personalities taking part in the show. Commenting on *Travel with a Goat*, she said: "Taking part in the series has made me more conscious about the welfare of animals which are bred for the purpose of meat. By travelling and living with an animal, and ultimately having a say in its death, you are confronted with the reality of how meat arrives on your plate. This is certainly a hot topic of conversation, so I encourage viewers to tune in, watch the show and make up their own minds."

The ethics of meat and the consumption of animal products is one of the main reasons why people opt for a plant-based diet. Shockingly, out of the 73 per cent of Brits that class themselves as meat eaters, 26 per cent admit to never thinking about where their meat comes from. However, 34 per cent believe that factory farming is 'morally wrong'. The good news is that after watching the trailer for *Travel with a Goat*, 16 per cent of meat-eating Brits in the audience vowed to reduce or remove meat from their diets, according to the poll.





Ten Acre Cousin Penelope's Strawberry and Cream Popcorn. From 89p per pack, [tenacrecrisps.co.uk](http://tenacrecrisps.co.uk)

# TOP OF THE POPS

5 plant-based popcorns you have to try

Profusion Super Pop Maca Sweet and Salty Popcorn. From £1.29 per pack, [profusionorganic.co.uk](http://profusionorganic.co.uk)



Planet Organic Turmeric and Black Pepper Popcorn. £1.15 per pack, [planetorganic.com](http://planetorganic.com)



Joe & Seph's Simply Sea Salted Popcorn. £1 per pack, [joeandsephs.co.uk](http://joeandsephs.co.uk)



The Great Stuff Company Sweet Cinnamon Popcorn. £13.20 for 10 bags, [thegreatstuffcompany.co.uk](http://thegreatstuffcompany.co.uk)

## JAMES ASPEY, GAZ OAKLEY AND EARTHLING ED CONFIRM THEIR ATTENDANCE AT THE VEGAN CAMP OUT 2019

The UK's largest vegan camp-out is back for 2019. The now-famous event will be hosting an impressive line-up of vegan icons, including James Aspey, Earthling Ed, Gaz Oakley (Avant Garde Vegan), Matt Pritchard (Dirty Sanchez), Erin Janus, Akala, Dr. Michael Klaper and more. With music, talks, activism workshops, yoga and fitness in the day – all accompanied by delicious vegan food, of course – you'll be ready to let your hair down in the nightly after-party, where DJs of all genres take to the stage.

The camp has grown rapidly over the last few years, from an informal event in 2016, with just one food vendor and 400 excited attendees, to last year's festival which welcomed 5,000 attendees, an amazing line-up of vegan stars and a huge collection of plant-based food vendors. And 2019 plans to be even bigger!

Best of all, The Vegan Camp Out aims to lower its environmental impact, and work towards a zero waste goal. Check out their website for more information on their 100 per cent recycling and zero landfill policy, zero waste talks and car sharing scheme.

For tickets to this year's event (Friday 30th August – Sunday 1st September) head to [vegancampout.co.uk](http://vegancampout.co.uk)







# EASTER

## EGGS-TRAVAGANZA

THE BEST VEGAN GIFTS FOR YOUR LOVED ONES THIS EASTER

### OMBAR

A tasty treat for children, or anyone wanting to indulge without going overboard,

**Ombar's Keep It Raw chocolate buttons**

are available in 'mylk' or 72 per cent cacao varieties. Being refined-sugar-free, these sweet little buttons are deliciously indulgent yet won't ruin your diet – they even contain live cultures to keep your tummy happy! £1.49, [ombar.co.uk](http://ombar.co.uk)



### SO SWEET COUTURE

**So Sweet Couture's dairy-free chocolate bunnies**

are the cutest present to gift someone for Easter. Made using rice milk, the deliciously creamy chocolates can be personalised with your own message.

£12.95, [sosweetcouture.com](http://sosweetcouture.com)



### GOUPIE

**Goupie's** Easter offering this year is a **Fabergé-style tin egg** encasing some of their delicious chocolate. Available in their original flavour or salted sticky toffee, this indulgent vegan chocolate is a must-have gift. From £9, [goupiechocolate.com](http://goupiechocolate.com)

### BOOJA BOOJA

Encased in a gorgeous hand-painted egg, **Booja Booja** makes the most **decadent truffles** in a range of flavours. All of their products are vegan, meaning they're suited to everyone; but that doesn't mean you have to share! From £9.99, [boojabooja.com](http://boojabooja.com)



### MOO FREE

With three flavours of Easter egg to choose from, you'll be pushed to choose between **Moo Free's** truly tasty **chocolate orange egg**, **'bunnycomb' egg** and **classic milk chocolate egg** – so just get them all! Their chocolate is completely free from gluten, wheat, dairy and soya. £3.95, [moofreechocolates.com](http://moofreechocolates.com)





## G.O.R.G.E (GUILT-FREE ORGANIC EATING)

If you're being more mindful of your health, **g.org.e's raw Easter eggs** make for the perfect solution to get involved with the chocolate-filled festivities. The bag of three truffles includes a chocolate truffle egg, a strawberry and white chocolate egg, and a Brazil nut egg. £15.49, [gorgetruffles.co.uk](http://gorgetruffles.co.uk)



## COCOA LIBRE

Cocoa Libre's rice milk chocolate chicks are a sweet and delightfully creamy treat. These are vegan and coeliac-friendly, made in an environment free from gluten, nuts, dairy and wheat. Plus, all of Cocoa Libre's ingredients are sustainably sourced, supporting the Cocoa Horizons Foundation. £3.99, [cocoalibre.co.uk](http://cocoalibre.co.uk)

## GREEN & BLACK'S

Choose **Green & Black's organic dark chocolate Easter egg** for a rich and indulgent treat, which is perfect for fans of dark chocolate. £6.59, [greenandblacks.co.uk](http://greenandblacks.co.uk)



## SO FREE

**So Free** offer a choice of **three delicious vegan Easter eggs** – white, milk or dark chocolate – and all of them come with mini chocolate eggs, too. For smaller gifts, check out their chocolate bunnies, which make a great find for an Easter egg hunt! From £1.35, [plamilfoods.co.uk](http://plamilfoods.co.uk)

drinkaware.co.uk



# 100% vegan wine

right down to the ink  
and glue on the labels.

Award winning. Chilean Merlot,  
Sauvignon Blanc and Rosé,  
registered by The Vegan Society.

Available from:



Follow us on @ProudlyVeganWines  
[proudlyveganwines.com](http://proudlyveganwines.com)

proudly  
vegan





# ASK THE experts

Got a question or quibble about plant-based diets? Send it to [editor@plantbasedmag.com](mailto:editor@plantbasedmag.com) to get the answer from our experts



**ALESSANDRA FELICE  
ND DIP CNM MBANT**

*Nutritional therapist and medicinal chef, Alessandra Felice, graduated from London's CNM and the Natural Gourmet Institute for Health and Culinary Arts with a wealth of knowledge about the positive power of food for both health and healing. Born in Italy, Alessandra developed her passion for cooking from a young age and brings her natural, creative flair to all her culinary projects.*

## WHAT ARE TRANS FATS? WHAT FOODS ARE THEY FOUND IN AND SHOULD I AVOID THEM?

Trans fats are fats that do not occur naturally in foods, but are created when a liquid vegetable oil is changed into a solid fat during a process called hydrogenation. They are often added to processed foods like fried and baked goods to enhance their flavour and texture, as well as to help preserve them for longer.

You'll usually find this type of fat in deep fried foods, commercial baked goods, pastries and puddings, as well as ready to eat frozen meals, hard margarine and shortening, and packaged salty and sweet snacks. When checking food labels and ingredients lists, look out for terms like 'hydrogenated oils', 'partially hydrogenated oils' and 'shortening'.

It's usually recommended to avoid trans fats as much as possible since they have been found to increase the risk of developing heart and cardiovascular disease. This is because they raise LDL cholesterol and lower HDL cholesterol. The cholesterol contained in LDL particles can build up on the artery walls over time, which could then lead to the development of coronary heart disease.

Build your diet around a wide variety of vegetables, beans, legumes and wholegrains. Cook homemade meals whenever you can and bake your own desserts and treats, using shortening and fats that don't contain hydrogenated oils but monounsaturated and polyunsaturated fats. These include olive oil, canola oil, vegetable oils and non-hydrogenated (soft) margarine.

Limit your consumption of deep fried foods, choosing instead foods that have been grilled, boiled, baked or steamed, and read nutrition labels on packaged goods to be able to pick the ones without trans fats.

At the same time though, if once in a while you are craving a vegan doughnut or want to treat yourself to mock 'fish' and chips, it's okay. Go for it, and enjoy it! Nothing bad will happen. It's the constant and prolonged consumption of hydrogenated oils and fats that will have a detrimental impact on health.

**Alessandra Felice**



**CHANTELLE LEACH**

*Chantelle Leach is one of our PlantBased chefs and key member of the PB HQ team. A passionate vegan and expert on plant-based cooking, Chantelle manages to easily 'veganise' traditional recipes and is constantly introducing us to new and exciting ingredients.*

## EVERY TIME I COOK QUINOA IT GOES MUSHY; WHAT IS THE BEST WAY TO COOK IT AND HOW CAN I USE UP THE LEFTOVERS?

The simplest explanation for this is that your quinoa is overcooked. Like any pulse or grain, if you cook quinoa for too long it will become overly soft and mushy because it has absorbed too much of the liquid that it has been cooked in.

The packet instructions – though often a good guideline – aren't always 100 per cent accurate, either. I've found that in a small saucepan, cooking one-part quinoa (always make sure to rinse it first) to just over one-part water is the best way; in cups this would be 1 cup quinoa to 1¼ cups water. If your quinoa starts sticking to the pan during cooking, you can add a little more water to help it along; also make sure to keep the lid on the pan while cooking in order to retain the heat. Cooked quinoa makes a great base for a salad or can be used as an alternative to rice.

Do not fret though; if you have overcooked a batch of quinoa then simply add it to homemade burgers – it will give them a denser texture, a hit of protein and a serving of your nine essential amino acids.

**Chantelle Leach**





### NATALIA OF NATALIA BOTANICALS

*Natalia is a qualified holistic nutritionist and the founder of adaptogens brand, Natalia Botanicals ([nataliabotanicals.co.uk](http://nataliabotanicals.co.uk)). Inspired by her own health struggles, Natalia now aims to provide people with easy advice and adaptogen elixirs that help will improve their gut health.*

## ARE ORGANIC FOODS HEALTHIER? OR IS THERE NOT MUCH DIFFERENCE BETWEEN ORGANIC AND NON-ORGANIC FOOD?

Eating an organic diet goes far beyond a trendy, high-cost fad. Organic food is grown without the addition of synthetic pesticides and fertilisers that are commonly used to prevent insects from harming the crop and increase the plant's shelf life, benefiting the pockets of the farming industry. Even if we wash our groceries, residues of these chemicals remain on the fresh produce and are ingested. Organic foods are a much safer and healthier alternative to non-organic foods as they are produced in natural environments without the use of chemicals.

Focussing on an organic diet means you are consuming foods which are nutrient-rich and free of foreign antibodies, as they haven't been genetically modified. There have been studies that show the positive effects of consuming fresh, organic produce, as their nutritional, antioxidant and phytochemical value is greater than the amounts found in conventional GM produce. However, there have also been findings which show very little difference between organic and non-organic food, although this study was financed by the food and agriculture industry.

Eating a primarily organic diet lowers your consumption of antibiotics, GMOs, pesticides and additives which can hinder the overall strength of your immune system. Whilst organic foods may not look as 'perfect' once harvested, it's just as tasty and has a lower environmental impact, too. An annual list of chemical-free foods known as the 'Clean Fifteen' and 'Dirty Dozen', ranked by The Environmental Working Group, can help you to avoid the fruits and vegetables most contaminated with pesticide residue (available on [ewg.org](http://ewg.org)).

Lucky for us, avocados ranked number one on the Clean Fifteen 2018 list, with less than one per cent showing any detectable pesticides. My tips for following a nutrient dense diet are: eat organic where possible; eat seasonal produce from our local farmers' markets; focus on eating the top five foods on the Clean Fifteen list and avoiding the top five on the Dirty Dozen list, and eat a balanced diet.

**Natalia of Natalia Botanicals**



### SHAUN WARNER

*After learning his trade in the restaurant scene, Shaun now brings his culinary skills and impressive creative flair to the PlantBased kitchen. Always ready for a challenge, Shaun can create delicious vegan dishes from the most simple and minimal ingredients.*

## I UNDERSTAND THE PREMISE OF A RAW VEGAN DIET, BUT SOME VEGETABLES ARE BEST COOKED, AREN'T THEY? HOW CAN I COMBINE RAW AND COOKED VEGETABLES, TO GET THE BEST NUTRITIONAL VALUE, AND STILL MAKE IT TASTE GOOD?

Essentially, if you're eating plenty of fruit and veg, and, most importantly, a wide variety of each, then you're doing well. Try not to worry too much about the specifics, or you'll drive yourself crazy trying to glean every single nutrient you can from food. However, it can be handy to know that some fruit and veg, like you say, is actually better for you when it's cooked (well, that's what science tells us anyway).

Both broccoli and watercress, for example, contain the enzyme myrosinase, which, when we eat it, reacts with another element – glucoraphanin – to create sulforaphane, a chemical which studies say is beneficial for us. If you cook broccoli or watercress, the enzyme is damaged and so it's unlikely that it'll react to create the health-beneficial chemical.

Garlic, onions and red peppers are similarly better for you if you eat them raw – onions retain more antioxidants if left raw, and red peppers contain lots of vitamin C, which can be easily damaged if you cook it. So, it's true that some veg are best raw, but others, like carrots and cabbage are really good for you when they're cooked, as they release more heart-protecting carotenoids.

Tomatoes are also great when cooked, as they release more antioxidants this way; while the anti-ageing acid (magic, I know) in asparagus can be more easily absorbed by your body if the asparagus is cooked.

Now comes the tricky bit – how can we make all of this taste good together? Well it's not always possible to combine every single healthy ingredient in one recipe (it would be a massively long recipe and probably wouldn't taste very nice), but for a start, try a Mexican-inspired salad. Start with a base of fresh leaves, such as watercress, spinach and lettuce, then add a sprinkling of giant couscous, a few pomegranate seeds, some finely sliced, raw broccoli (tenderstem is often tastier) and a handful of pan-fried asparagus. Then finely chop a red onion and red pepper, and mix them together in a separate bowl with chopped, cooked tomatoes, torn basil leaves and crushed garlic for a fresh salsa. Spoon the salsa over the salad and bam – nutritious raw and cooked veg in a delicious, crispy combination!

**Shaun Warner**



# Supermarket FINDS

Found a great new product that you want to share? Email your favourite supermarket finds to [editor@plantbasedmag.com](mailto:editor@plantbasedmag.com)

## ICELAND NO CHEESE ITALIAN GARDEN PIZZA

Topped with broccoli, mushrooms and red onion, the Italian Garden pizza is one of a duo of No Cheese pizza's launched by Iceland, recently. The stonebaked pizza can be kept in the freezer and cooked in just 10-12 minutes, making it a super easy weekend treat. Pick one up from your local Iceland for £2.00.



## BANNISTERS BAKED JACKET POTATOES

Making mealtimes 100 per cent easier, Bannisters jacket potatoes are a quick and simple solution for when you're short on time. Having already been baked and drizzled in extra virgin olive oil, the vegan-friendly jackets can be microwaved from frozen and are ready in just five minutes. Available from Tesco, Waitrose and Ocado, from £2.39.



## WHITE'S ORGANIC JUMBO OATS

Hearty and delicious when made into a classic porridge, White's organic oat flakes have been naturally steamed and rolled for a supremely creamy taste. Grown by White's trusted 30 British organic growers, these oats are the winner of nine consecutive Great Taste Awards. Available in a 750g fully recyclable bag from Waitrose stores for £1.95.



## LIVIA'S KITCHEN DUNX

Brand new from Livia's Kitchen, the Dunx range is available in three flavours: Choco Hazelnut Crunch, Caramel Almond Swirl, and Peanut Butter and Jelly. The dunk-able biscuits make for a sweet afternoon treat or an awesome addition to your, or the kids', lunchbox. Pick them up from your local Tesco for only £1.79.







# moo free<sup>®</sup>



## moo free<sup>™</sup>

classic collection

**BAKING  
DROPS**  
45% COCOA

rice cocoa drops



QUALITY • FUN • ETHICAL

150g e



## NEW LOOK!



# Morrisons

Since 1899





## CHOCOLATE BUNDT CAKE

Makes: 1 large cake

NF

This bundt cake is the perfect Easter treat – a light but moist chocolate sponge with an utterly indulgent smooth chocolate ganache. It will certainly impress your guests!

### For the bundt cake:

- 4 tsp cider vinegar
- 450ml (1¼ cups) plant-based milk
- 375g (2¼ cups) self-raising flour
- 75g (½ cup) cocoa powder
- 300g (1 cup) caster sugar
- 225g (¾ cup) dairy-free butter
- 2 tsp baking powder
- 100g (3.5oz) Moo Free Cocoa Baking Drops

### For the ganache:

- 180ml (¾ cup) tinned coconut milk
- 200g (7oz) Moo Free Cocoa Baking Drops

### You will also need:

- A large bundt cake tin

**1** Preheat the oven to 180°C/355°F/Gas 4. Stir the cider vinegar into the milk and leave to curdle slightly, creating buttermilk.

**2** Add the self-raising flour, cocoa powder, caster sugar, butter, baking powder and buttermilk to a bowl and beat with a wooden spoon or an electric mixer until smooth. Then fold the chocolate chips into the batter.

**3** Pour the mix into a well-oiled bundt cake tin and place into the oven to bake for 45 minutes. Remove the cake from the oven, once cooked, and

leave in the tin for a few minutes before removing and transferring to a cooling rack.

**4** To make the ganache, bring the coconut milk to the boil, before pouring it over the chocolate chips. Stir continuously until the chocolate has completely melted and the mixture is smooth.

**5** Allow the ganache to cool slightly and thicken before spreading it onto the bundt cake. Then place the cake in the fridge to set.

**Per 100g** Calories 326, Fat 17g, Saturates 7.2g, Carbohydrate 41g, Sugars 21g, Fibre 9g, Protein 4.2g, Salt 0.53g



# VEGAN 'CRÈME EGG'

Makes: 6 medium eggs

OF GF NF

If you miss your pre-vegan chocolate treats, then these crème egg creations are a must-have this Easter. Just like the classic, they contain a sweet, gooey fondant, surrounded by a crisp chocolate shell... how do you eat yours?

## For the 'egg':

- 250g (1½ cups) Moo Free Cocoa Baking Drops

## For the crème filling:

- 150g (1½ cups) icing sugar
- 2 tbsp golden syrup
- 1 tbsp of plant-based milk (plus a little extra, if needed)
- 1 tsp vanilla extract
- Pinch turmeric

## You will also need:

- Medium-sized silicone Easter egg mould
- Silicone pastry brush

1 Begin by mixing all the ingredients for the filling, apart from the turmeric, together in a small bowl. Add a little extra plant-based milk if the mixture isn't coming together. It should form a thick fondant.

2 Transfer a third of the filling mixture to a separate bowl and mix the turmeric into it – using enough to give it a bright yellow colour. Then place both the white fondant and yellow fondants in the fridge.

3 Whilst the fondants are cooling, make the shells by melting the chocolate chips either in a glass bowl sat over some boiling water, or in the microwave. If melting in the microwave, heat for 30 second bursts, stirring at regular intervals, until melted.

4 Using the silicone brush, brush the egg moulds with the melted chocolate, to create a smooth, even covering. Place the moulds in the freezer for 10-15 minutes to harden. Then brush with another layer of chocolate and return to the freezer again, to set.

5 When the moulds have hardened, remove them from the freezer and take the two fondants out of the fridge. With gloves (to prevent the chocolate from melting) carefully tease the chocolate eggs from their moulds.

6 Fill the shells with the white fondant followed by ½ tsp of yellow fondant in the centre, so it looks like an egg. You can either seal your egg halves together with a little additional melted chocolate or keep them open and use them to decorate a lavish Easter cake.

Per egg (78g) Calories 353, Fat 13g, Saturates 7.7g, Carbohydrate 57g, Sugars 51g, Fibre 3g, Protein 2.1g, Salt 0.09g

## TOP TIP:

You can tell when the mould is evenly covered in chocolate, by holding it up to the light. If you've missed a bit or can see some light shining through, then be sure to fill in the gap.

Chef's Top Tip  
choose:





# RECIPE OF THE MONTH

## SEITAN KLEFTIKO



Chef's Top Tip  
serve with:



proudly  
vegan



# SEITAN KLEFTIKO

Serves: 6

NF

Kleftiko is traditionally a slow-roasted lamb dish, marinated in lemon, garlic and oregano. This vegan-friendly seitan take on the classic would be the perfect centre-piece for an Easter Sunday lunch.

## For the stock:

- 2.4L (10 cups) vegetable stock
- 1 bulb garlic, chopped
- 1 lemon, quartered
- 1 bunch oregano
- 1 bunch rosemary
- 1 bunch thyme
- 4 bay leaves
- 1 tsp cinnamon

## For the seitan:

- 240ml (1 cup) vegetable stock
- 3 tbsp tomato purée
- 3 tbsp soy sauce
- 4 tbsp vegetable oil
- 2 tsp vegan Worcester Sauce
- 1 tbsp maple syrup
- 1 tbsp liquid smoke
- 2 tbsp mint sauce
- 4 tsp garlic granules
- 4 tsp onion granules
- 1 tsp fresh rosemary, chopped
- 1 tsp fresh thyme, chopped
- 1 tbsp fresh oregano, chopped
- 300g (2 cups) vital wheat gluten
- 3 tbsp plain flour
- 1 tsp salt

## For the glaze:

- 2 tbsp mint sauce
- 1 tbsp maple syrup
- 1 tbsp English mustard
- 1 tbsp chopped rosemary
- 1 tbsp chopped thyme
- ½ tsp cracked black pepper
- 1 tbsp tomato purée

**1** To make the stock, add all the stock ingredients to a pan and bring to the boil. Simmer for 5 minutes, then remove from the heat and leave to infuse.

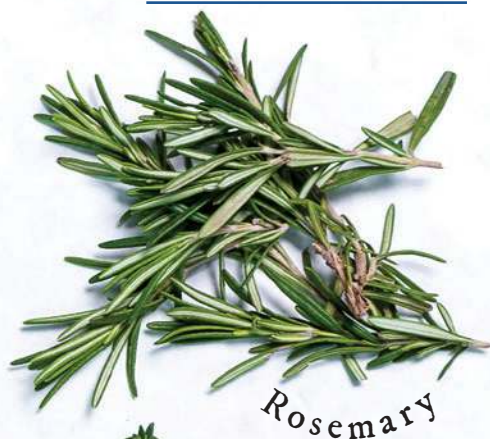
**2** Preheat the oven to 180°C/355°F/Gas 4. To make the seitan, add the vegetable stock, tomato purée, soy sauce, vegetable oil, Worcester sauce, maple syrup, liquid smoke, mint sauce, garlic granules, onion granules, rosemary, thyme and oregano to a blender, and blend until smooth.

**3** Add the vital wheat gluten, plain flour and salt to a bowl and pour in the blended liquid mixture. Mix these ingredients together to form a dough.

**4** Knead the dough for 5-6 minutes until it becomes stretchy; then shape into a rough loaf.

**5** Bring the stock to a gentle simmer in a large saucepan, add the seitan and simmer for 45 minutes, turning when it's halfway through cooking. Once cooked, remove the pan from the heat and leave the seitan to cool in the stock.

**6** Mix together all the glaze ingredients. Then, once cooled, remove the seitan from the stock and place on a lined baking tray. Brush the seitan with the glaze and place in the oven to roast for 30 minutes, before serving.



Rosemary



Thyme



Oregano



Mint sauce



Tomato purée



Vital wheat gluten

**Per serving (112g)** Calories 328,  
Fat 9g, Saturates 0.7g,  
Carbohydrate 23g, Sugars 8.7g,  
Fibre 1g, Protein 40g, Salt 3.2g





# 1 BASIL

Though famed for its use in Mediterranean cooking, basil is also commonplace in Indian cuisine, thanks to its fragrant aroma and strong flavour. To grow it yourself, sow indoors in early spring and transfer to outdoor pots, or the ground, after the last frost. Not only can basil be used for a classic pesto, or as a garnish for a fresh salad, it is also a great insect repellent, antioxidant and anti-inflammatory herb. The benefits of basil don't stop there – it also boasts vitamins A, K and C, magnesium, iron, potassium and calcium.



## TOP 5 HERBS

Herbs are a great way to season any dish, thanks to their potent flavours and powerful health benefits. Growing your own herbs is also really easy and is ideal for those who want fresh, fragrant, and wallet-friendly ways to revitalise their cooking and get into gardening. If you've got a garden, most herbs can be grown from seed straight into the ground, but some might need to get started indoors. Growing them in pots works just as well, so fear not — even if you're limited to a small outdoor space or a free windowsill, you can still enjoy the benefits of fresh herbs.

As well as being tasty, herbs can provide plant-based solutions to some common ailments, including aiding digestive issues and easing migraines. Learning how to use herbs to treat minor issues can be a great way to reduce your use of man-made remedies.

# 5 SAGE

Used as a herbal remedy for anxiety, fever and digestive issues, sage-infused tea is a simple way to soothe a variety of ailments. You can grow sage from seed or cuttings, but only pick a few leaves in its first year of growth to allow the roots to fully establish. Sage is a great waste-free plant, as all of it is edible, including the flowers. Sage is typically paired with meat, but also works brilliantly in sauces and many vegan sausage recipes. Sage has high levels of fibre, vitamin A, iron, calcium and magnesium, so be sure to include in your next hearty meal for an added depth of flavour.



# 4 PARSLEY

Parsley has antibacterial, antioxidant and anti-inflammatory properties, making it great to boost your immune system, and aid digestion.

However, parsley has reportedly been linked to uterine contractions, so pregnant women should avoid it; although more research is needed. To grow your own parsley, sow the seeds indoors and transfer to pots in early spring; then pick the leaves when ready. Parsley is extremely versatile, and its fresh flavour works well in soups, sauces, salsa, salads and burgers. Not only will the taste of parsley enhance any dish, it's also rich in vitamin K, which is vital to help blood clot on wounds.



# 2 CHIVES

Chives are the perfect low-maintenance herb, and will also help to keep aphids and mosquitos away from your garden. As a member of the allium family, chives are high in sulphur, are a natural antibiotic, and offer anti-inflammatory and digestive properties. Chives can be grown indoors or outside from seed, but make sure you place them in a sunny spot. Don't be afraid to use the whole plant – the stalks are delicious when added to potato salad, and the flowers can be chopped up for a light onion flavour.



# 3 ROSEMARY

Another herb that's great for keeping bugs away from plants is rosemary. You can grow rosemary from seed, but it's easier to grow from clippings.

Make sure you keep the roots mulched – in the winter this keeps them insulated, and provides moisture during summer. Rosemary can be used to neutralise bad breath, relieve pain, soothe skin irritation and help indigestion. It also contains iron, calcium and vitamin B6. Add rosemary to roasted vegetables, use it for a classic focaccia recipe, or even add it to a gin and tonic, for a botanical twist.





# LEMON AND LIME SHORTBREAD

Makes: 20

NF

These simple zesty shortbreads are a must for your biscuit tin this summer! The citrus gives them a light fresh flavour, which would go great with coconut cream and fresh fruits.

- 125g (½ cup) dairy-free butter
- 75g (⅓ cup) caster sugar
- 1 lemon, zest only
- 1 lime, zest only
- 180g (1⅓ cups) plain flour

**1** Preheat the oven to 190°C/375°F/Gas 5. Beat the butter, 55g (¼ cup) of the sugar, half of the lemon zest and half of the lime zest together until smooth. Then stir in the flour, until a smooth dough is formed.

**2** Turn the dough out onto a work surface and roll it out to 1cm-thick.

Per biscuit (27g) Calories 88, Fat 4.5g, Saturates 0.9g, Carbohydrate 12g, Sugars 4g, Fibre 0.5g, Protein 0.9g, Salt 0.11g



**3** Cut 20 circles or fingers out of the dough and place them onto a non-stick baking tray. Chill in the fridge for 20 minutes.

**4** Once chilled, bake in the oven for 15-20 minutes, or until pale golden-brown. Sprinkle over the remaining sugar and lemon and lime zest, and leave to cool.

## Become a CNM Natural Chef



### College of Naturopathic Medicine

**Study part-time** London

#### Diploma Course includes:

- Food fundamentals
- Natural Chef techniques
- Food for Health
- Therapeutic menu & recipe writing
- Building a culinary career

CNM is the UK's leading college for natural therapies

**Attend an Open Evening  
to find out more!**

**New! Vegan Natural Chef**



01342 410 505

info@naturopathy-uk.com

www.naturopathy-uk.com





## CARROT CAKE WITH CREAM CHEESE ICING

Makes: 1 large cake

NF

Carrot cake is a delicious teatime classic and this vegan version is no exception. Made with apple sauce, the sponge is beautifully light and moist, making it the perfect indulgent treat.

### For the cake:

- 150g (1 cup) plain flour
- 130g (1 cup) wholemeal flour
- 2 tsp baking powder
- ½ tsp bicarbonate of soda
- 2 tsp cinnamon
- 1 tsp ground allspice
- ½ tsp nutmeg
- 1 tsp salt
- 240ml (1 cup) soya milk
- 1 tbsp apple cider vinegar
- 120g (½ cup) apple sauce
- 2 tsp vanilla extract
- 125g (1 cup) light brown sugar
- 120ml (½ cup) vegetable oil

- 1 orange, zest only
- 240g (2½ cups) grated carrots
- 150g (1 cup) raisins or sultanas (optional)

### For the cream cheese icing:

- 110g (½ cup) dairy-free butter, softened
- 230g (generous 1 cup) Original Creamy Sheese, slightly softened at room temperature
- 600g (6 cups) icing sugar, sifted
- 1 orange, zest only

### You will also need:

- 2 equally-sized cake tins
- Decorations of choice (for example, edible sugar carrots, edible flowers etc.)

**1** Preheat the oven to 180°C/350°F/Gas 4 and grease two cake tins. In a large bowl, whisk together the flours, baking powder, bicarbonate of soda, cinnamon, allspice, nutmeg and salt.

**2** In a separate bowl, whisk together the soya milk and apple cider vinegar. Leave to stand for 10 minutes before adding the apple sauce, vanilla, sugar, oil and orange zest and mixing well.

**3** Tip the dry ingredients into the wet ingredients and stir well to combine.

**4** Fold in the carrots and raisins (if using). Then divide the batter between the two cake tins. Bake the cakes in the oven for 30-40 minutes, or until a toothpick inserted into the middle comes out clean.

**5** Whilst the cake is baking, make the frosting by beating the softened butter and Creamy Sheese together until creamy and smooth.

**6** Add the sifted icing sugar to the bowl, 100g (1 cup) at a time, and fold it into the icing until the mixture is thick and spreadable. Then stir through the orange zest before placing the icing in the fridge to firm up.

**7** Once the cake is cooked, let it cool completely before icing. Then decorate to your taste.

### How to store it:

The finished cake will last 3-4 days if left in a cool place, in a cake tin.



Per 100g Calories 304, Fat 12g, Saturates 1.1g,  
Carbohydrate 48g, Sugars 37g, Fibre 2g,  
Protein 2.5g, Salt 0.7g

Chef's Top Tip  
choose:



**Creamy  
Sheese**  
100% DAIRY-FREE







## VEGAN EASTER HOT CROSS BUNS

from Eva Kileen, CNM Vegan  
Natural Chef Director at  
the College of Naturopathic  
Medicine

Makes: 12

These gorgeous vegan hot cross buns are a delight for Easter (and any other time of the year). Easy to make, they can be served hot or cold with raspberry chia seed jam and coconut butter.

### For the dough:

- 2 tsp dried active yeast
- 1 tbsp maple syrup
- 110ml (scant ½ cup) water, lukewarm
- 160ml (⅔ cup) oat milk, lukewarm (plus extra, for glazing)
- 80ml (⅓ cup) softened coconut oil
- ½ tsp Himalayan rock salt
- 2 tsp ground cinnamon
- ½ tsp ground nutmeg
- 50ml (⅓ cup) maple syrup or brown rice malt syrup
- 1 tbsp grated orange zest
- 1 tbsp lemon zest

- 2 tsp baking powder
- 500g (generous 4 cups) spelt flour
- 40g (¼ cup) raisins
- 30g (¼ cup) dried cranberries

### For the crosses:

- 5 tbsp plain flour
- Water, enough to make a thick pipe-able paste

**1** In a processor or by hand, mix the yeast, maple syrup, and the lukewarm water. Let stand for five minutes.

**2** When the mixture is foamy, add the oat milk, coconut oil, salt, cinnamon, nutmeg, maple syrup (or brown rice syrup), orange and lemon zest, baking powder and 120g (1 cup) of the spelt flour. Mix together with a wooden spoon.

**3** Add the remaining flour and knead together by hand. If the dough is too sticky, add a little more flour.

**4** Add the raisins and cranberries to the dough and knead them through until evenly dispersed.

**5** Lightly oil the inside of a glass bowl. Place the dough into the bowl and cover with a damp towel. Leave it to rise for about an hour. Then, once risen, knead for a further minute.

**6** Line a baking tray with greaseproof paper. Divide the dough into 12 equal pieces. Roll each piece into a ball and place on the tray. Cover the tray with a towel and leave to sit for 30 minutes.

**7** Preheat the oven to 180°C/350°F/Gas 4. Make the crosses by mixing the plain flour with just enough water to create a thick paste. Remove the towel from the buns, fill a piping bag or piping syringe with the flour paste and pipe a cross on each bun.

**8** Brush a little oat milk over the buns before placing in the oven to bake for 20 minutes. Once cooked, remove from the oven and cool on a rack, before serving.

*Recipe from the CNM Natural Chef Kitchen at the College of Naturopathic Medicine. You can study at CNM to become a Natural Health Practitioner, a Natural Chef or a Vegan Natural Chef. [naturopathy-uk.com/naturalchef](http://naturopathy-uk.com/naturalchef)*



# Sheese®

100% DAIRY-FREE



*Versatile and smooth is our  
Original Creamy Sheese*



Bute Island Foods Ltd. - Tel: +44 (0) 1700 505357



No artificial colours or preservatives.  
Lactose free - Dairy free - Gluten free - Cholesterol free





PLANT-BASED  
**PIONEER**  
OF THE MONTH

# PAINTING THE WAY

Meet the mind behind philanthropic  
vegan restaurant, Café Van Gogh

**B**rixton's Café Van Gogh is as much a social project as it is a vegan restaurant. Set up by plant-based pioneer, Steven Clarke, the space opened in 2015 and has been striving ever since to serve delicious cruelty-free food, while simultaneously serving the surrounding community.

Based in a grade-two listed building, in a stunning neo-Byzantine church on Brixton Road, the café works to provide on-the-job training for people with learning disabilities and mental health problems, as well as teaching courses for low-income parents on how to feed their families on a budget, and even plans to eventually be a zero waste business. So whether you're local to Brixton, or just happen to hop over to London for the day, Café Van Gogh is certainly worth a visit – especially when you can enjoy a freshly baked vegan cake or two in the knowledge that your money is funding projects that will help a huge amount of people, now and in the future.



## Hear it from Steven... When I went vegan:

I've been vegan for the past four and a half years, and before that I was vegetarian for 25 years, until I challenged my cognitive dissonance. I felt my views were contradictory – I wanted to help people and animals, but was supporting a system that was harming them. I knew I needed to make a change.

## When the café went vegan:

The café itself has been vegan since the Spring of 2016. Initially I was nervous about the transition from it being a vegetarian to a vegan establishment, but we took the plunge and watched our sales rise. To have success in business you must do what sits right with you ethically. I believe that if you hold any negative thoughts about your own business practices they will serve as an obstacle to your growth.

## Why I launched Café Van Gogh, and what we do:

I've always planned to open a welcoming and inclusive café, since my late teens. I get a real buzz from meeting new people, and enjoy looking after people and helping them to feel comfortable. My previous career, of 20 years working in social care and supported housing, in London and New York, has inspired me to continually strive to support disadvantaged individuals to meet their potential. The café is where these two elements of my life collide... to varying degrees of success!



## The charities we collaborate with:

We collaborate with a number of charities, such as CRISIS and the Big Issue. We seek referrals for our on the job training from organisations such as Toucan, The Camden Society, Thamesreach, and a local SEN school.

## Our upcoming projects:

We are about to launch a crowd-funding campaign, to make some vital alterations to our café space. We want to start training people in barista skills, and our bar area is too small to support such an endeavour.

## Our zero waste mission:

Our aim to become a zero-waste establishment is mostly going well. We aim to recycle as much of our packaging waste as possible, while all of our food waste is sent away for composting. We won't support the use of single-use plastics, and, as such, don't serve drinks in plastic bottles etc.

As with most individuals who attempt a zero waste lifestyle, there are certainly challenges. We still find ourselves having to dispose of non-recyclable items, such as plastic film – it's a shame that our suppliers haven't caught on yet, but I have been sticking my neck out on many occasions and reaching out to those suppliers to question their practices.

In terms of the menu, we cook everything on the premises, so we make sure that we minimise waste. This might occasionally mean that we run out of a certain dish during a busy service, but we believe that's a fair price to pay for fresh, home-cooked food.

## My favourite dish on the menu:

Currently, my favourite dish has got to be our pies. They are topped with the creamiest mashed potato, and are so big they remind me of Desperate Dan from the Dandy comic. You won't, of course, be finding any horns in our pie crust though.

## Our aims for the future:

We're really looking forward to this year's activities. We've just signed a five-year lease extension with our partners, at Christ Church Brixton. This means we can make some long term plans.

To increase our community offer, following our café alterations, we plan to seek funding for a job coach/community connector to run a fuller programme of community events and work placement opportunities. At present, everything we do is funded by our revenue stream, which does not enable us to hire someone for this specialist role yet. We hope this will increase the number of people we can help, by offering them work placements and helping them find jobs in the catering sector.

## What to look forward to:

Watch this space! Follow us on our social media channels and website for details of our crowd-funding activities and events associated with this. We also cannot wait to open our courtyard garden up to our customers again. It's the jewel in our crown!

• Visit Café Van Gogh at 88 Brixton Road, London, SW9 0HY

And follow the team

Instagram/ @cafevangogh01

Facebook/ @cafevangoghbrixton

Twitter/ @cafevangoghCIC

[cafevangogh.co.uk](http://cafevangogh.co.uk)



ENVIRONMENT COMMUNITY  
SUSTAINABILITY CREATIVITY

# Be Kind

M A G A Z I N E



Showing a little kindness  
is what the world needs  
right now

## ISSUE 2 OUT NOW

Available from  
WH Smith, Sainsbury's, Spar, Londis, McColl's,  
Waitrose plus independent newsagents, health  
stores, health centres and spas

Or subscribe online at  
[subscribe.bekindmagazine.com](http://subscribe.bekindmagazine.com)







# TAKING IT STEP BY STEP

Could walking be the simplest way to improve your health?

**T**here are many rumours floating around about the benefits (or lack thereof) you get from walking. Is it as effective as running? Should we be doing it more often? Is it better for our knees and joints? Can it really help us concentrate?

Well the answer to most of these questions is: yes. Walking is a great form of exercise; it's easy to fit in during your lunch break, doesn't require a massive exertion of energy and, according to studies, could provide a host of benefits for your mental health.

## THE SCIENCE BEHIND YOUR STEPS

A typical walk consists of a repeated 'gait' cycle, which goes: heel strike, support, toe off, leg lift and swing, before starting all over again. Each stage uses a different group of muscles to make the movement – in fact, it's estimated that you use 200 muscles to

take just one step! The most commonly used groups of muscles, however, are the glutes, quads and hamstrings. So frequent walks could help you improve your leg and butt muscles, as well as giving you a mass load of internal health benefits, too, such as improving your heart and lung function and staving off obesity.

But the question most often niggling at us is: is walking as effective as running? Well, in all fairness, neither is necessarily 'better' than the other. It simply depends on your level of health and your fitness goals. For instance, although walking can help you maintain a healthy weight, running will often burn more calories and hence help you lose weight. But, in other areas, it's been shown that walking and running can provide very similar benefits, as they are both aerobic cardiovascular exercises (aka cardio) so help in building muscle, fighting symptoms of depression, increasing your stamina and even improving your immune system.

However, it needs to be taken into account that running uses approximately two and half times more energy than walking, so to gain all the effects you'd receive from a run, you'd have to walk for two and a half times longer (so make sure you've got a full afternoon free!).

## WHEN TO WALK?

Most sources suggest that going for a brisk 30 minute walk each day, five days of the week, should provide sufficient health benefits. However, doctors (and fitness watches/ pedometers) commonly recommend walking 10,000 steps a day, which is approximately 5 miles; so for those working more sedentary, office-based jobs, a longer walk may be advisable. For those in more active jobs, however, such as P.E. teachers, nurses and gardeners (who will be on their feet more often than not), the daily steps goal will be easily achieved and they'll need only a short brisk walk, just to ensure they've participated in some more intense exercise, which will raise their heart rate.



But how can you tell if it's a brisk walk? Well the NHS suggests that a brisk walk is around 3 miles per hour – to test if you're going about the right speed, you should still be able to talk, but probably not sing the words to a song. An app or fitness watch can help you to more accurately monitor your speed and distance.

## MOTIVATE YOUR MOVEMENT

Going for regular walks seems great at first, but understandably, after a while and especially in spouts of not-so-pleasant weather, it can take some serious motivation to keep it up. To make it a little easier, try to integrate the habit into your daily schedule e.g. walk part of your journey to work; use the stairs instead of the lift; always time your walk to be before breakfast or after dinner.

Other handy motivation tips can be to walk with friends or family – it's always nice to have moral support and the chit chat will certainly distract you from the exercise. Or, if you prefer to walk alone, try listening to some music while on route. Music can help you create a rhythm to your steps, so you're naturally inclined to continue moving – it can also encourage anything from a subtle head bob to sudden outbreaks of dancing, which is always a good thing!

Finally, be sure to add variety to your walks. Whether you're in a town, city, or the countryside, there will be plenty of different routes you can explore – you might even stumble upon a park, road, forest or even some shops you haven't noticed before.

## DID YOU KNOW?

Did you know that walking can help you concentrate? Several different studies have shown marked improvements in the concentration of school children, and adults, following exercise. It has also been shown to improve mental health and even fight the effects of depression.



• Words: Maxim Leach, @maximleacht



## 10 TOP BENEFITS OF WALKING

- 1 Helps to maintain a healthy body weight and reduce your risk of obesity
- 2 Helps improve your blood pressure
- 3 A gentle, regular walk can help strengthen your bones and reduce the risk of osteoporosis
- 4 Some studies say walking can reduce your risk of developing breast and colon cancer
- 5 It could help keep your heart healthy and lower your risk of cardiovascular disease
- 6 Walking can decrease the symptoms of depression
- 7 Regular walks can gently strengthen the muscles, without putting too much pressure on the joints
- 8 It literally costs nothing! Just choose a safe, open place to walk, preferably with some natural greenery
- 9 Walking could actually lower your risk of Alzheimer's, according to studies
- 10 It can improve the health of your lungs, by increasing the rate you breathe and causing oxygen to travel faster through the bloodstream

**VEGETARIAN SHOES**

# VEGAN Walking Wonders

**Veggie Trekker MK5 (Brown)**

**Snowdon Boot (Black)**

**Approach Mid (Brown and Black)**

**Billing Boot (Grey and Black)**

Over 200 mens & womens styles!

**vegshoes.com**  
01273 691913  
info@vegshoes.com

Quality breathable non-leather materials made in England & Europe

**A TREAT FOR YOUR FEET IF YOU DON'T EAT MEAT!**







# MEALS IN MINUTES

Breaking down  
the recipe minute  
by minute

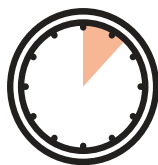
## MIXED VEGETABLE AND HOUMOUS TART

Serves: 6

This tart is so quick and simple to make,  
and when served with a large salad it  
makes a great springtime dinner.

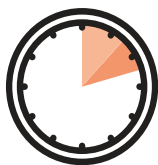
- 4 tbsp olive oil
- 1 red pepper, chopped
- 1 aubergine, chopped
- 1 red onion, chopped
- 2 courgettes, chopped
- 400g (14oz) tin chickpeas, drained
- 2 tsp tahini
- 1 garlic clove, crushed
- 1 tsp salt
- 2 tbsp lemon juice
- 1 sheet vegan puff pastry
- Handful rocket, to serve

Per serving (263g) Calories 470, Fat 28g,  
Saturates 6.2g, Carbohydrate 45g, Sugars 5.4g,  
Fibre 7g, Protein 11g, Salt 1.8g



### MINUTES 1-7

**1** Preheat the oven to 200°C/400°F/Gas 6. Add 1 tablespoon of the olive oil to a large frying pan, over a high heat, and fry the red pepper, aubergine, onion and courgettes for 5 minutes.



### MINUTES 8-13

**2** Add the remaining olive oil, chickpeas, tahini, garlic, salt and lemon juice to a blender and blend until smooth. Spread this mixture onto the puff pastry sheet, leaving a 15mm border, and arrange the fried vegetables on top.



### MINUTES 14-33

**3** Place the tart onto a non-stick baking tray and cook in the oven for 16-18 minutes. Remove from the oven and sprinkle with rocket, to serve.



# — OUT AND — ABOUT

A healthy diet is important, but there's no reason not to indulge from time to time. Why not treat yourself to a trip to one of these vegan fast food restaurants?

## FLIPSIDE

88 Cowcross Street, London, EC1M 6BP

For delicious vegan on-the-go, check out Flipside. All of their dishes are made from wholefoods with vegan meat-alternatives available, too. Although healthy, their grab and go food is deliciously indulgent, with mac and cheese, burritos, burgers, and sandwiches on offer across their expansive menu. Their drinks chiller is free-from plastic and filled with classic beverages, that will add the perfect finishing touch to your meal.

[flipsidefood.com](http://flipsidefood.com)



## HALO BURGER

49 Brixton Station Road, London SW9 8PQ

Halo Burger pride themselves on being the world's first plant-based bleeding burger joint, having worked with Beyond Meat to develop their secret seasoning to complement the iconic plant-based Beyond Burger. Their delightfully simple, yet indulgent menu includes the Halo Burger – a quarter pounder with vegan 'cheese' – a cheeseburger, hamburger and pink salt fries. All of the food at Halo Burger is vegan, and is the perfect place to take non-vegans for a junk food fix that everyone can enjoy.

[haloburger.co.uk](http://haloburger.co.uk)



## MIAMI BURGER

The Oracle Shopping Centre, 10 Broad Street, Reading, RG1 2DP

For a luxurious, yet healthier take on plant-based junk food, Miami Burger is the place to go. All of the food is vegan, and whilst the burgers may seem unhealthy, they're cooked without a single deep fat fryer in sight, making it significantly healthier without compromising on taste – their classic burger has 78 per cent less saturated fat than a typical high street burger. Choose from burgers, onion rings, wraps, hot dogs, and 'chick'n' burgers, completely animal-product-free.

[miamiburger.co.uk](http://miamiburger.co.uk)



## ABSURD BIRD

Unit 22, Guildhall, Exeter, EX4 3HP

Absurd Bird's new vegan options are not to be missed – with vegan 'chckn' and waffles, buffalo 'chckn' vegan fillet, vegan mac and cheese, and more on the menu, there's plenty of choice at Absurd Bird. Whilst the restaurant isn't exclusively vegan, they have several eateries around the country, with two in London, one in Bath and another in Glasgow, all serving the delicious plant-based options.

[absurdbird.com](http://absurdbird.com)





THE WORLD'S LARGEST



# VEGAN CAMP OUT 2019

ADULTS £45

AUGUST 30 - SEPTEMBER 1

KIDS £25  
0-3 FREE

NEWARK SHOWGROUND, NOTTINGHAMSHIRE

TALKS | FOOD | LIVE MUSIC  
ACTIVISM WORKSHOPS  
AFTERPARTY | KIDS ACTIVITIES

JAMES ASPEY EARTHLING ED

AKALA

ERIN JANUS

MATT PRITCHARD  
(DIRTY SANCHEZ)

DR. MICHAEL KLAPER

ALEX HERSHAFT  
(HOLOCAUST SURVIVOR)

SONIA SAE

AVANT-GARDE VEGAN  
(GAZ OAKLEY)

EPIVEGAN

THAT VEGAN COUPLE

JULIET GELLATLEY  
(VIVA?)

+ MORE TBC!

TICKETS FROM [VEGANCAMPOUT.CO.UK](http://VEGANCAMPOUT.CO.UK)



UKVEGANCAMPOUT

#VCAMPOUT

PARTNERED WITH

**Viva!**  
viva.org.uk



### The Real African Food Co.'s Love Moin Moin



**Mix** is a traditional West African vegan and soya-free alternative to tofu, made from tasty and nutritious black-eyed beans. Though the usual process to make moin moin is laborious, this mix can be made in five simple steps – making it easy to enjoy at home. £2.50, [realafricanfood.com](http://realafricanfood.com)



**Itsu's Crispy Seaweed Thins** are a delicious, low-calorie snack. The feather-light savoury crisps boast a real umami flavour and are naturally packed with nutrients, including zinc, iron, B vitamins and iodine. The thins are available in sea salt, wasabi, and sweet soy and sea salt flavours. Available from Tesco, Waitrose and more. £2.00 for pack of three, [itsu.com](http://itsu.com)



Made from sprouted wheat, rye and spelt wholegrains, **Everfresh's vegan breads** are perfect for those looking for a savoury staple without the over-processed ingredients, but that are great for the digestive system. Free from additives, preservatives, refined sugar and animal products, Everfresh's breads and cakes come in a range of flavours. Available from Holland and Barrett for £1.99, [everfreshnaturalfoods.com](http://everfreshnaturalfoods.com)

# HOT PRODUCTS

OUR PICK OF THE BEST ON THE PLANT-BASED SCENE



Why stick to plain coffee when you can brighten up your morning with a delicious **Flavour Infused Instant Coffee from Little's**? Available in 13 tasty flavours, including Island Coconut, Chocolate Caramel, French Vanilla, Gingerbread Cookie and Chocolate Chai, the vegan-friendly coffees are made from smooth Arabica beans. £2.99 each, [wearelittles.com](http://wearelittles.com)

**Yumello's Salted Date Almond Butter** boasts an indulgent caramel flavour, which is delicious when spread on toast, or eaten by the spoonful. Made only using four ingredients, Yumello's nut butters are free from palm oil and additives, for a truly tasty, natural butter. £4.95, [yumello.com](http://yumello.com)







Deliciously Ella have launched a selection of new **nut butter balls**, which make for the perfect nutritious and filling snack. Available in an almond or hazelnut flavour, each petite treat is entirely plant-based and gluten-free. Available from Ocado and Holland & Barrett. £1.99, [deliciouslyella.com](https://deliciouslyella.com)

For fans of matcha tea, **Rokit's new Matcha Green Tea Pods** are a quick and easy way to enjoy the delicate and fragrant drink. These pods are compatible with Nespresso machines, and matcha is a great alternative to coffee, thanks to its naturally energising properties. £7.99, [rokitpods.com](https://rokitpods.com)



**In The Buff's ketchups** are brand new, healthy versions of the classic condiment. Packed full of plant-based protein whilst being low in sugar, gluten-free and vegan-friendly, these ketchups are the perfect flavoursome addition to any meal. Available in Sweet Paprika, Chipotle Spice and Turmeric Fusion flavours. £3.99, [in-the-buff.uk](https://in-the-buff.uk)



**The Groovy Food Company** have launched a variety of **Agave Chocolate Dessert Sauces**. Available in three flavours – chocolate, chocolate orange and chocolate raspberry – the sauces are perfect for drizzling over waffles, pancakes and ice cream, or to add to a hot chocolate, for a truly indulgent treat. Available from Ocado and Amazon. £3.49, [groovyfood.co.uk](https://groovyfood.co.uk)

New from Bonsan, the **Organic Kofu FishFree Fillet** is a delicious fish alternative and is packed full of protein, flavour and nutrients. Pair it with a crisp, fresh salad or some chunky chips to recreate a vegan-friendly fish and chips. Available from health food stores around the country. From £3.99, [bonsan.co.uk](https://bonsan.co.uk)



Snack bars are great to have to hand when hunger strikes. **The Primal Pantry's fruit and seed bars** are available in four different flavours, including Lemon & Poppy Seed, Cocoa, Coconut, and Orange and Ginger. £2.40, [primalpantry.com](https://primalpantry.com)





Per 100g Calories 102, Fat 7.2g,  
Saturates 1.3g, Carbohydrate 6.9g,  
Sugars 0.2g, Fibre 0.5g, Protein 2.8g,  
Salt 0.28g

# VEGAN WHITE SAUCE

## VEGAN WHITE SAUCE

**Makes:** approx. 475ml (16fl oz)

NF

This white sauce can be used as it is, as a béchamel sauce for lasagne or as a creamy sauce for pasta. You could even use it to pour over your favourite meat substitute, for an easy midweek dinner. Keeping a batch in your fridge can be super handy for last-minute dinners.

- 50g (¼ cup) dairy-free butter
- 50g (½ cup) plain flour
- 500ml (generous 2 cups) soya milk
- 1 tbsp mustard
- Salt and pepper, to taste

**1** Melt the butter in a saucepan.

**2** Add the plain flour to the butter.

**3** Stir continuously with a spatula until a paste forms – this is called a roux. Continue cooking for 2 minutes on a medium-low heat.

**4** Gradually add the milk to the pan, whilst whisking continuously to avoid any lumps forming.

**5** Add the mustard and stir through.

**6** Season with the salt and pepper, to taste.

# STEP BY STEP







# APRIL IN ASIA

Discover the cuisine of this extraordinary continent

## THE TRAVELLER'S WONDERLAND

Asia has long been known as the go-to destination for travellers, culture lovers and those wanting a truly traditional gap-year. The continent is the largest and most populated on Earth, and is home to 48 countries, including Vietnam, Japan, Cambodia, India and Indonesia.

And let's not forget the beach-covered sunshine state of Thailand – this backpacker-swamped paradise boasts stunning temples, luxury hotels and wild Eastern jungles. Thailand is also known as the 'land of smiles' thanks to the caring nature of its local citizens – meaning you can guarantee that the welcome will be as warm as the weather. Thailand is also home to the iconic Grand Palace; truly breath-taking in its architecture, the attraction comes second only to the Great Wall of China for must-see tourist sites.

## QUICK FACTS:

- 1 There are more than 4.4 billion people in Asia.
- 2 The largest city in Asia is Shanghai, which is home to more than 24 million people (it's actually the largest populated city in the world).
- 3 Asia is the home of Mount Everest – it sits between Nepal and China, in the famous Himalayan mountain range.
- 4 More than 2,300 recognised languages are spoken every day in Asia.
- 5 There are as many people living in China as there are in Australia, New Zealand, North America, South America and Western Europe combined.

## THE ANIMAL KINGDOM

Asia is home to a huge number of different animals, the range of species being almost as diverse as the range of people. Monkeys, tigers, Asian elephants, komodo dragons and even snow leopards can be seen in their natural habitat across the continent. Some of Asia's most adorable inhabitants, however, are highly endangered; the orangutan population in Borneo and the Dugong (Chinese river dolphin) are both under a huge threat of eventual extinction.



## THE TRADITIONAL CUISINE

Though we're often led to believe that Asian food is simply fried rice and udon noodles, there's so much more on offer! Thanks to the many different religions found in Asia, plant-based food is easy to find. Hinduism, Jainism and Buddhism are all strongly linked to vegetarianism and cruelty-free lifestyles, meaning the continent is rife with delicious vegetarian dishes. With the worldwide growth of veganism, the area has also started to expand their offering to cater for vegan diets, too. In some areas of Asia, egg is actually perceived as a meat by-product and therefore not used in many recipes, while in India specifically, eggs, curd and paneer (Indian cheese) are often kept on the 'non-veg' menu, as opposed to the 'veg only' menu (a common distinction, made in most restaurants; making it easy to choose plant-based dishes).

Best of all, the high soya content, rich variety of vegetables and well-balanced carbohydrate-vegetable ratio in most Asian dishes, means the cuisine is usually extremely healthy.

Some of the naturally vegan traditional treats of Asia include:

**Gyoza** – These little fried dumplings come in both meat and vegetable varieties. The pastry they're wrapped in is usually made from a mix of flours, salt and hot water – so the large amount of vegetable gyozas will be accidentally vegan (not to mention delicious!). Try them with a sweet chilli or sesame and soy dipping sauce.

**Kimchi** – If you want a truly traditional experience, try eating kimchi in Korea. The fermented cabbage dish is often served as a side or snack and is great for those following a raw diet.

**Laab jay** – Traditionally this dish is a spicy meat salad, but by switching the meat for tofu, you can tuck into a deliciously aromatic, cruelty-free dish; just be warned that laab is usually served on the spicy side!

**Tao hoo song kreung** – This Thai tofu dish consists of different varieties of tofu, fried with vegetables, herbs (specifically basil), spices and a subtle sauce. It's best served on top of freshly-cooked rice.

**Banh cam or banh ran** – A Vietnamese sweet treat, these deep-fried rice balls are filled with a mung bean and coconut paste and are coated in sesame seeds. Most banh cams are accidentally vegan, and contain only a simple selection of ingredients, but are a truly indulgent dessert or snack.

**You po main** – These Chinese hot oil noodles are a quick, easy to make, and ultra-tasty main. Usually made using wheat or rice noodles, green veggies, soy sauce, peanut oil and a rich mix of spices, this authentic dish can be easily veganised by simply ensuring the noodles do not contain any egg (rice or udon noodles are good alternatives).

**Mango sticky rice** – Popular in many Asian countries, this simple but scrumptious dish combines glutinous rice, fresh, ripe mangoes, coconut milk and sugar. It can be eaten as a dessert or a snack and is best served alongside chunks of mango and with a sprinkling of sesame seeds, for a little added texture.

## INGREDIENTS TO BE AWARE OF

**Noodles** – Though many Asian dishes use vegan-friendly udon, cellophane (glass noodles) or rice noodles, some noodles are made using egg, so it's always best to double check. In supermarkets, packets will clearly state if they include egg, but when eating out just make sure to check with your waiter/waitress.

**Fish sauce or oyster sauce** – Often used to give dishes an umami flavour, fish sauce is a common ingredient in Asian food and is not always immediately evident, so be wary when eating out.

**Meat** – It seems obvious, but with the rich variety of vegetables, spices and carbohydrates in Asian food, the colourful combination can easily mask small portions of meat. This can be a risk if travelling around the less tourist-populated areas of Asia, but at restaurants and in supermarkets, the distinction between vegan and non-vegan dishes will be much more obvious.

## THE SHOPPING LIST

Asian cooking is all about fresh vegetables and seasonal ingredients, but there are a few store-cupboard staples you should have to hand, too, for when inspiration strikes. Grab these from your local supermarket...

- Flat rice noodles
- Dried shiitake mushrooms
- Cinnamon sticks
- Cardamom pods
- Tinned coconut milk
- Miso paste
- Vegetable stock cubes
- Nori sheets
- Soy sauce (gluten-free, if needed)
- Mirin
- Maple syrup
- Sushi rice
- Garlic cloves

And, though they can't be stocked in the store cupboard for months on end, fresh red chillies are an absolute must! Whether used in the base recipe or simply scattered on top as a garnish, a few slices of red chilli will add bundles of flavour and spice to any Asian dish.



Turn over for  
tasty Asian  
recipes...



Per serving (480g) Calories 577, Fat 4g,  
Saturates 0.4g, Carbohydrate 118g, Sugars 15g,  
Fibre 5g, Protein 21g, Salt 3.2g



VIETNAM

## PHO

Serves: 2

OF NF

Pho is a traditional Vietnamese noodle soup, which is packed with umami flavours. This recipe uses shiitake mushrooms, yeast extract and soy sauce, as opposed to the traditional meaty stock base.

### For the stock:

- 1.2l (5 cups) vegetable stock
- 1 tsp yeast extract (Marmite)
- 40g (1.5oz) dried shiitake mushrooms
- 1 tbsp grated ginger
- 1 white onion, sliced
- 1 cinnamon stick
- 2 star anise
- 1 tbsp coriander seeds

- 2 tsp cloves
- 1 tbsp maple syrup
- 3 tbsp soy sauce

### For the pho:

- 200g (7oz) beansprouts
- 200g (7oz) mangetout
- 200g (7oz) flat rice noodles, cooked as per packet instructions
- 1 bunch spring onions, finely sliced
- 1 red chilli, finely sliced
- Handful coriander, chopped
- Handful Thai basil, chopped

**1** Bring the vegetable stock and yeast extract to the boil. Then remove from the heat and add the dried shiitake mushrooms, leaving them to soak for 30 minutes. Once rehydrated, remove the mushrooms from the stock and keep to one side.

**2** In a frying pan over a high heat, add the ginger, onion, cinnamon stick, star

anise, coriander seeds and cloves and fry until the onion starts to char and the spices toast and become fragrant.

**3** Add the contents of the frying pan to the stock mixture and bring to the boil. Once boiling reduce to a simmer and allow to simmer for 30 minutes. Then strain the liquid, discarding the spices and keeping the stock. Add the maple syrup and soy sauce to the stock.

**4** Slice the shiitake mushrooms. Then, in a frying pan over a medium heat cook the beansprouts, sliced mushrooms and mangetout for 3-4 minutes until al dente.

**5** To serve, split the beansprouts, mangetout, cooked rice noodles and shiitake mushrooms between two bowls. Then pour over the hot stock and top with the spring onions, red chilli, coriander and Thai basil.



# THAI GREEN CURRY

Serves: 4

GF NF

This spicy Thai green curry will certainly impress your family and friends. Its aromatic flavour profile will work nicely paired with a side of plain rice or noodles.

## For the curry paste:

- 1 tsp coriander seeds
- 1 tsp cumin seeds
- 1 white onion, chopped
- 2 green chillies
- 3 garlic cloves
- 2 tbsp grated ginger
- 1 lemongrass stalk, finely chopped
- 1 lime, juiced and zested

- Handful coriander, chopped
- Handful Thai basil, chopped
- 4 kaffir lime leaves, dried
- 1 tbsp miso paste

## For the curry:

- ½ butternut squash, chopped
- 2 tbsp vegetable oil
- 1 red onion, chopped
- 200g (7oz) green beans
- 1 gluten-free vegetable stock cube
- 2 x 400ml (14fl oz) tins coconut milk
- 200g (1½ cups) peas
- 200g (2¾ cups) edamame beans
- 1 bunch spring onions, sliced
- Handful coriander, chopped
- 1 red chilli, finely sliced

**1** To make the curry paste, add the coriander seeds, cumin seeds, onion, green chillies, garlic, ginger, lemongrass, lime, coriander, Thai basil, kaffir lime

leaves and miso paste to a blender, and blend until smooth.

**2** To make the curry, add the butternut squash to a pan of boiling water, to cook for 6-8 minutes, until softened. Then, in a large pan over a medium-high heat, add the vegetable oil, red onion, green beans, stock cube and curry paste and cook for 3-4 minutes until the onion begins to soften.

**3** Add the coconut milk to the pan and bring to the boil. Once boiling, turn down and allow to simmer for 6-8 minutes. Then add the peas, edamame beans and butternut squash and cook for a further 2-3 minutes.

**4** Top with the spring onions, coriander and red chilli, to serve.

Per serving (513g) Calories 631, Fat 52g, Saturates 39g, Carbohydrate 35g, Sugars 8.8g, Fibre 10g, Protein 17g, Salt 1.7g

THAILAND



# ONIGIRAZU

Makes: 6

GF NF

Onigirazu is the sushi equivalent of a sandwich; they make a great, flavoursome and filling lunch, and can be made in advance.

## For the marinated tofu:

- 1 tbsp maple syrup
- 1 tbsp miso paste
- 1 tbsp gluten-free soy sauce
- 1 tbsp grated ginger
- 1 tbsp water
- 1 red chilli, finely sliced
- 280g (10oz) extra firm tofu, sliced into 6 pieces
- 2 tbsp oil

## For the sushi rice:

- 150g sushi rice
- 600ml (5 cups) water
- 1 tbsp mirin

## For the pickled cabbage:

- 3 tbsp cider vinegar
- 3 tbsp water
- 1 tbsp sugar
- 1 tbsp fennel seeds
- 1/8 red cabbage, finely sliced

## For assembly:

- 6 nori sheets
- 1 avocado, sliced
- 1 carrot, shredded

**1** For the marinated tofu, mix the maple syrup, miso, soy sauce, ginger, water and chilli together and pour over the tofu pieces. Mix thoroughly and leave to marinate for 1 hour.

**2** Heat the oil in a frying pan over a medium-high heat and fry the tofu for 3-4 minutes on each side until crispy.

**3** For the sushi rice, add the rice and water to a saucepan and bring to the boil, then turn down to simmer for 20 minutes, whilst stirring occasionally, until all the water has been absorbed and the rice is tender. Mix in the mirin, before spreading the rice onto a tray to cool.

**4** For the pickled cabbage, add the vinegar, water, sugar and fennel seeds to a pan and bring to the boil. Once boiling, add the red cabbage. Then remove from the heat and leave to cool.

**5** To assemble the onigirazu, split the rice into 12 equal portions. Lay a sheet of nori on the worktop, shiny side down, with a corner facing you. Add one portion of the rice to the centre of the nori sheet and flatten down into approximately an 8cm square, with a flat side of the square facing you.

**6** Layer the avocado, tofu, carrot and pickled cabbage onto the rice and then top with another 8cm square of rice.

**7** Brush the nori sheet with water and fold the corners one by one over the top of the rice, to mimic an envelope. Gently press down on the onigirazu to flatten it slightly.

**8** Repeat this with the remaining ingredients. Then place the six onigirazu in the fridge to chill for 1 hour, before slicing in half to serve.



Per serving (174g) Calories 288, Fat 13g, Saturates 1.6g, Carbohydrate 32g, Sugars 5.8g, Fibre 5g, Protein 12g, Salt 0.77g



# KOTTU ROTI

**Serves:** 4 (as a side) or 2 (as a main)

NF

Kottu Roti is a popular street food in Sri Lanka. It consists of stir-fried, chopped up roti bread and vegetables, cooked in a richly-spiced curry paste.

## For the curry paste:

- 4 cloves garlic, pureed
- 1 tbsp grated ginger
- 1 tbsp curry powder
- 1 tsp fennel seeds
- ½ tsp mustard powder
- ½ tsp ground cloves
- 1 tomato, chopped
- 4 cardamom pods, seeds only
- 1 green chilli
- 1 tbsp tomato paste
- ½ tsp ground cumin
- 1 tbsp dark soy sauce

## For the kottu roti:

- 2 tbsp vegetable oil
- 2 red onions, thinly sliced
- 2 carrots, shredded
- ½ red cabbage, finely sliced
- 4 roti flatbreads, finely sliced

## To serve:

- Handful coriander, chopped
- ½ lemon, cut into 4 wedges

**1** For the curry paste, add all of the ingredients to a blender and blitz until smooth.

**2** For the kottu roti, heat the vegetable oil in a large frying pan over a high heat. Add the curry paste to the pan and fry for 2-3 minutes; then add the red onion, carrots and red cabbage, and fry for a further 2-3 minutes. Finally, add the roti to the pan and fry for 2-3 minutes. Serve topped with a sprinkling of coriander and a wedge of lemon.



SRI LANKA

**Per serving (356g)** Calories 326, Fat 11g, Saturates 2.4g, Carbohydrate 50g, Sugars 12g, Fibre 10g, Protein 9.4g, Salt 1.3g



# The V Word

by Heather Mills



## MORAL CONFLICTS

**I**t has been my dream for decades, that one day every country will be able to live off the produce of its own land; as there was once a time when that is exactly what we did.

Now that's idealism.

However, I am now in my 50's and have tried everything to live by my ideals, but in every aspect of my work – from animal rights campaigning to landmine removal, prosthetic assistance and plant-based food creation – I have come to realise that the world is not an ideal place. Therefore, we must turn to realism if we are to create great change. It pays to be practical.

## GETTING REAL

The first time realism kicked in for me, was after years of clearing landmines in former Yugoslavia, around the 90's, only to find out more were being put down year after year; with more and more conflicts arising – it seemed like a losing battle.

But I am a problem solving person, and I learnt very quickly that you have to work with the so-called opposition to bring about greater change. You have to educate those who stand against you, and, ultimately, show them that they can make money by taking a better path.

My idea was to create a landmine that became inert after six months (internally imploding after this time

and thus not damaging any living being). To my colleagues at the Adopt A Minefield charity, this was a horrifying thought, and in truth it was to me, too, but my ultimate goal was to minimise the death toll and the destruction of innocent civilians' lives years after the wars had ended. The only way to do that was to make the weapon manufacturers believe this method would make them more money.

We have now successfully cleared 21,000,000m<sup>2</sup> of previously mine-filled land, which can be repurposed to grow produce, to feed the civilians of those areas. We have also fitted at least 400,000 people (many of whom are war victims) in nine countries, with recyclable artificial limbs.



There is never an easy path to do what is right, so we must think laterally and aim to educate the 'enemy' to reach a common ground.

## THE MCDONALD'S QUESTION

This brings me to the topic of whether we should buy plant-based food from meat and dairy manufacturers and restaurants. The problem being that: sure, it's great that bigger corporations are making vegan food more accessible, but, ultimately this puts money back into the pockets of those that farm meat, fish and dairy.

I opened my first vegan café in Britain (aptly named VBites) in 2009. My dream was to create a vegan alternative to McDonald's and Burger King, and we managed to do that; however, back then the world was not ready to have a mass-scale vegan fast food company.

However, as time is of the essence to help the animals and the planet, I decided to start manufacturing vegan products and push them into cafés and restaurants around the world – to spread the message quicker than I could from one small British café. As well as helping the animals and the environment, I wanted to help people, too – to give the vegan or allergy-suffering member of the family the freedom to go to a restaurant with their omnivorous family and feel included, instead of suffering the exclusion I had felt for decades.

In early 2000 I visited McDonald's in Chicago. I replicated their entire range, from burgers and chicken nuggets to chocolate, strawberry and vanilla milkshakes (all of which were Stevia-based, with vitamins and minerals included). I hoped that it would give children across the world a healthier alternative, but one which would still taste like their favourite burger. So even if their parents didn't worry about

their health, their favourite fast food restaurant could.

The head of McDonald's didn't quite understand the vegan mission; however, his two right-hand men saw my vision and agreed it was the future, but (and there's always a 'but') that McDonald's were not ready for it. Years later they told me they were inspired to leave the corporation and start up their own healthier fast food chain, including plenty of vegan options.

## I HAVE A DREAM...

My dream is still to franchise VBites cafés all over the world, but for a 100 per cent vegan chain to be accepted, we have to bring worldwide awareness to the cause, first. This means looking at all possible avenues, even those who don't solely support vegan values – from Wagamama to Zizzi, to Burger King and, yes, McDonald's – these corporations have the power to put plant-based food in the public eye. We must get as many establishments as possible on the plant-based 'wagon' if we are going to change the future – the future of our children's health, the lives of the animals and the state of the environment.

My goal is to educate all chefs on how to create great-tasting food, instead of basic grilled vegetables and fruit platters – believe me, so many of them are still doing this. I recently toured Tuscany to teach Michelin star chefs how to make vegan soufflés and they were shocked.

I am hoping that in the future, Britain will be ready for more purely plant-based restaurants, cooking shows, supermarkets etc. and I can feel it in my water that the time is coming soon.

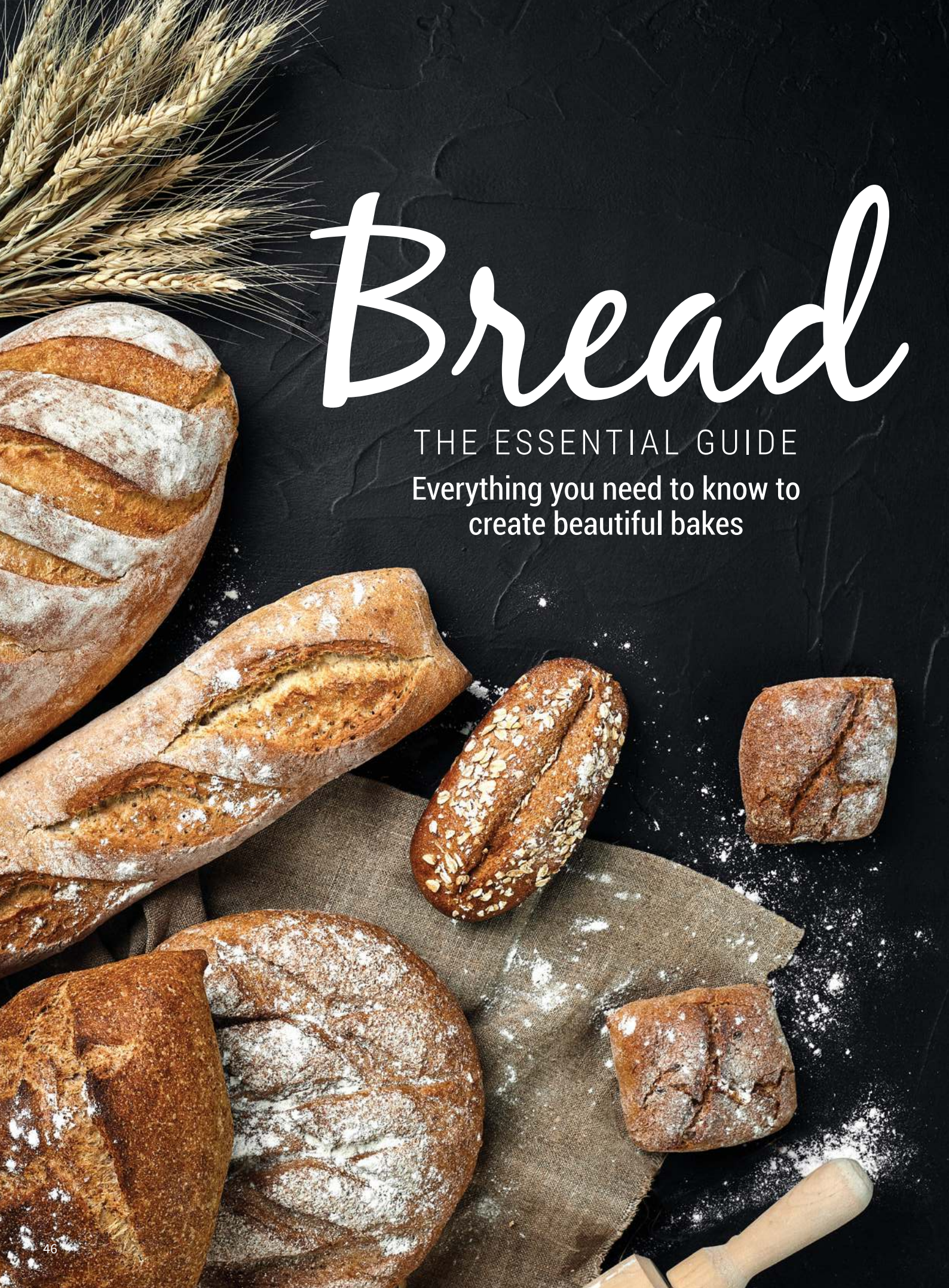
## SO SHOULD WE BE EATING AT MAINSTREAM RESTAURANTS?

Don't beat yourself up about eating in a 'mainstream' restaurant (somewhere which offers non-vegan food, too). Feel comfortable in the knowledge that by ordering a plant-based dish you are still making a difference – the more people who order the vegan option, the more vegan options there will be added to the menu. Slowly and steadily this growth will begin to change the perspectives of non-vegan establishments, leading them away from animal-based menus and towards a more plant-based offering. Fear not, the future is bright and the future is green!

• For more information please visit:  
[heathermills.org](http://heathermills.org) and [vbites.com](http://vbites.com) or  
 follow on social media:  
[Twitter.com/heatherofficial](https://twitter.com/heatherofficial)  
[Instagram.com/heathermillsofficial](https://www.instagram.com/heathermillsofficial)  
[Instagram.com/vbitesfoods](https://www.instagram.com/vbitesfoods)







# Bread

THE ESSENTIAL GUIDE  
Everything you need to know to  
create beautiful bakes



## THE FIRST EVER BREAD

According to reports, during an excavation in Israel in 2004, at a site called Ohalo II, scientists found 22,000 year-old barley grains in a grinding stone. This is thought to be the earliest known evidence of humans processing wild cereal grains, and therefore, the first existence of bread.

However, unlike our fluffy 21st century loaves, these 'breads' would have been more like flat cakes, made from mashed up grains and seeds.

Bread evolved from this point in many different ways, in many different cultures. Sliced bread came about in 1937, when a bread slicing and wrapping machine was installed in the Wonderloaf Bakery, in Tottenham.

## TOP TIPS FOR BREAD PERFECTION

**1 Give your dough enough time to rise** – Rising and proving is essential when working with yeasted dough, as the yeast needs to be activated and have time to grow and multiply. This rising time is what makes your bread fluffy and light on the inside.

**2 Try a loaf tin** – If it's your first time making bread, getting the right size and shape loaf can be tricky. Try opting for a loaf tin for your first few attempts; it will give your dough a guideline.

**3 Adding water makes for a crunchy crust** – Placing a bain-marie (water bath) in the bottom of your oven can help give your breads a crispy crust, thanks to the steam it will generate when the oven heats up.

**4 Warmth works wonders** – Putting your dough in a warm place can help quicken the proving process. Covering the dough with a slightly damp warm tea towel can also help encourage the dough to rise rapidly.

**5 Keep written records** – Much like pastry, bread is something you may need to try a few times to learn what works and what doesn't. Something as simple as the type of oven you have, or where you leave the dough to rise, can massively affect the final bake. Keeping quick written notes and taking pictures of your bread creations will help you keep track of what has been successful and which methods are more effective.

**6 Slicing the tops** – Once your dough is ready to bake, before you pop it in the oven, cut three or four deep slashes into the top of the loaf. This will give the dough space to expand while cooking, and give you that traditional bakery-style finish.

**7 Always preheat the oven** – Trying to bake bread in a cold oven just will not work and could negatively affect your rise. Therefore it's important to remember to preheat your oven first so your bread can start cooking as soon as it goes in.

## MAKING IT VEGAN

Most breads are, by nature, accidentally vegan, as their ingredients revolve around the basic components of flour, water, oil and yeast. However, some more exotic breads can include animal-based ingredients – but that doesn't mean you have to miss out, check out these simple solutions for making plant-based breads:

**Brioche:** Traditionally made with eggs and milk, to give it a rich, sweet flavour, this French bread is a firm favourite for brunches. For a vegan-friendly version, combine equal amounts of plain flour and strong bread flour (the plain flour ensures it'll have a softer, squishier texture than savoury breads) with a sachet of dried fast-action yeast and a tablespoon of sugar. Then very slightly warm a jug of almond milk and slowly pour it into the flour mix, whilst stirring. Once it has come together to form a dough, tip it out onto a floured worktop and knead until smooth. Leave the dough in a warm place to rise. Once risen, cut the dough into portions to make little buns or rolls; place on a baking tray and let sit for a second prove. Glaze with a little more almond milk and sprinkle with a few sesame seeds before baking in a preheated oven until golden on top.

**Naan breads:** This tasty Indian flatbread is a lot quicker to make than most breads, but contains milk. It's super easy to create a plant-based naan, though, by combining plain flour, a sprinkle of sugar and salt, a teaspoon of baking powder, two tablespoons of oil and just over 100ml of plant-based milk (coconut works well, especially if you're planning on turning a plain naan into a peshwari naan). Knead the dough well, then leave it to rise for 10 minutes. Heat a grill, oven or (for best results) a non-stick frying pan. Divide the dough into small balls and roll each into a naan-shape. Bake or fry the breads for a couple of minutes on each side, until cooked through and spattered with brown spots.



## HOW TO MAKE IT HEALTHY

- Try switching olive oil for a lower fat oil or using a higher proportion of water compared to oil.
- Wholegrain and wholemeal breads are usually considered healthier than carb-heavy white breads, as they are less heavily processed and contain complex, rather than simple carbohydrates.
- Adding seeds to your bread can amp up the nutritional value and can add a little texture and crunch.
- Minimise your salt use. Many bread recipes will suggest using salt, but try to use it in moderation and, as far as possible, use fresh herbs to flavour your bakes instead of salt.
- Breads made using water rather than plant-based milk are automatically lower in fat, but if your bread recipe does require milk opt for a protein-rich variety, such as soya or almond, rather than indulgent milks like coconut.





Per 100g: Calories 195, Fat 2.3g, Saturates 0.5g, Carbohydrate 39g, Fibre 5g, Protein 8g, Salt 1.6g, Sugars 1.5g

## BUCKWHEAT SODA BREAD

**Makes:** 1 large loaf

OF GF NF

This soda bread is low in fat, gluten-free and high in fibre. This is a low GI bread, which makes it a great alternative for someone watching their blood sugar.

- 360ml (1½ cups) soya milk
- 2 tbsp cider vinegar
- 500g (3½ cups) buckwheat flour
- 2 tsp bicarbonate of soda
- 1 tsp salt

**1** Preheat the oven to 200°C/400°F/Gas 6. Mix the milk and cider vinegar together and leave for a couple minutes to curdle, creating buttermilk.

**2** Mix together the buckwheat flour, bicarbonate of soda and salt in a bowl. Then slowly pour in the buttermilk, whilst mixing, to form a dough.

**3** Turn the dough out onto a floured surface and knead for a couple minutes. Shape the dough into a large ball, place onto a baking tray and flatten slightly. Score a large cross in the centre of the dough and place in the oven to bake for roughly 40-50 minutes. To test if the bread is cooked tap the bottom, it should sound hollow.



# WHOLEMEAL AND LENTIL BREAD ROLLS

**Makes:** 12 rolls

**SF OF NF**

By using wholemeal flour and two varieties of lentils, these rolls are packed with protein and are super filling — making them great to have with soup, for a satisfying and nutritious lunch.

- 1 tbsp dried active yeast
- 320ml (1⅓ cups) warm water
- 1 tbsp sugar
- 280g (2½ cups) wholemeal flour
- 280g (2½ cups) strong white bread flour
- 2 tsp salt
- 100g (3.5oz) puy lentils, cooked as per packet instructions
- 100g (3.5oz) red lentils, cooked as per packet instructions

**1** Mix the yeast, water and sugar together and leave for 5 minutes to activate. Then in a large bowl mix the wholemeal flour, bread flour, salt, puy lentils and red lentils together and slowly pour in the yeast mixture whilst mixing, to form a dough. Turn this out onto a floured surface and knead for 5-6 minutes until elastic. Place the dough in a warm place to prove for 30 minutes.

**2** Preheat the oven to 200°C/400°F/Gas 6. Knead the dough for another 2-3 minutes, then split it into 12 equal pieces. Roll these into balls and place on a baking tray. Leave to prove and double in size for 30 minutes in a warm place.

**3** Once the dough has finished its second rise, transfer the rolls to the oven for 20-25 minutes until golden and cooked through.

**Per roll (93g)** Calories 204, Fat 1.1g, Saturates 0.2g, Carbohydrate 42g, Sugars 1.5g, Fibre 4g, Protein 8g, Salt 1g



Per pretzel (82g) Calories 165, Fat 1.2g,  
Saturates 0.2g, Carbohydrate 33g, Sugars 1.7g,  
Fibre 3g, Protein 6.1g, Salt 0.01g

## WHOLEMEAL AND PUMPKIN SEED PRETZELS

Makes: 10



Soft baked pretzels are a great tasting snack, with a salty and chewy crust and a soft fluffy centre.

### For the dough:

- 120ml (½ cup) hot water
- 240ml (1 cup) soya milk
- 1 tbsp sugar
- 1 tbsp yeast
- 220g (2 cups) strong white bread flour
- 220g (2 cups) wholemeal flour
- 1 tsp salt

### For the boiling:

- 2L (8⅓ cups) water
- 4 tbsp baking powder

### To finish:

- 2 tbsp coarse sea salt
- 4 tbsp pumpkin seeds

**1** Mix the hot water and soya milk together, so you have a tepid mixture. Add the sugar and yeast to this mixture and leave to activate for 5-6 minutes.

**2** In a large bowl mix the bread flour, wholemeal flour and salt together and slowly add the yeast mixture whilst mixing to form dough. Knead the dough for 5-6 minutes until the mixture is elastic. Leave the dough to prove in a warm place for 45-60 minutes until doubled in size.

**3** Preheat the oven to 200°C/400°F/Gas 6. Then split the dough into 10 equal pieces, and roll each piece into a 40-50cm long sausage. Bend each sausage into a 'U' shape, twist the ends together, then fold the ends down to the base of the 'U' and press down to seal, forming the classic pretzel shape. Repeat this with all 10 pieces.

**4** In a large saucepan bring the water and baking powder to a boil. Once boiling, add each pretzel to boil for approximately 30 seconds, and then remove from the water. Place the pretzels onto a baking tray and sprinkle with the sea salt and pumpkin seeds. Place in the oven to bake for 18-20 minutes until golden.



# WHOLEMEAL PITTA BREAD

Makes: 4



Making your own pitta breads is simple – these are perfect for dipping in houmous or can be filled with your favourite sandwich filling.

- 2 tsp dried active yeast
- 1 tsp sugar
- 120ml (½ cup) warm water
- Pinch salt
- 110g (1 cup) strong white bread flour
- 110g (1 cup) wholemeal flour
- 2 tbsp olive oil

**1** Add the yeast and sugar to the warm water and leave to sit for 10 minutes until the mixture starts to froth, and the yeast activates. Then add the salt, strong bread flour and wholemeal flour to a bowl and mix well. Add the yeast mix and olive oil to the flour and mix well to form a dough.

**2** Turn the dough out onto a floured surface and knead for 5-6 minutes until the dough becomes smooth and stretchy. Leave the dough, covered, in a warm area to prove for 30 minutes until it has doubled in size. Whilst the dough is proving preheat the oven to 200°C/400°F/ Gas 6 and place a large flat tray or pizza stone in the oven to heat.

**3** Split the dough into four pieces, roll them out into 5mm thick ovals, cover with a damp tea towel and leave to rest for 30 minutes. Once rested, place the dough onto the preheated tray and bake in the oven for 6-8 minutes until they inflate, then remove them from the oven and press them gently to deflate them.

**Per pitta (95g)** Calories 257, Fat 7.8g, Saturates 1.1g, Carbohydrate 41g, Sugars 1.5g, Fibre 4g, Protein 7.1g, Salt 0.11g





# SUNDRIED TOMATO, OLIVE AND PESTO WHOLEMEAL PLAIT

**Makes:** 1 large plait

This plait has a great flavour combo – the saltiness of the olives, the sweetness of the tomatoes and freshness of the pesto make it a great lunch, with just a simple side of houmous.

- 1 tbsp dried active yeast
- 360ml (1½ cups) warm water
- 1 tsp sugar
- 300g (2¾ cups) wholemeal flour
- 300g (2¾ cups) strong white bread flour
- Pinch salt
- 3 tbsp Sacla Free From Basil Pesto
- 100g (3.5oz) olives
- 100g (3.5oz) sundried tomatoes

**1** Mix the yeast, water and sugar together and leave for 5 minutes to activate. Then in a large bowl mix the wholemeal flour, bread flour and salt together and slowly pour in the yeast mixture whilst mixing to form dough. Turn this out onto a floured surface and knead for 5-6 minutes until elastic, then place this into a warm place to prove for 30 minutes.

**2** Then, split the dough into 3 equal pieces and roll each piece into a rectangle roughly 50cm by 10cm. Cover one with the pesto, one with the olives and one with the sundried tomatoes. Roll the rectangles up into three long sausage shapes, and then plait them together. Place this on a non-stick tray and prove for 30 minutes.

**3** Whilst the bread is proving, preheat the oven to 180°C/355°F/Gas 4. Then, once proved, place the bread in the oven to bake for 40-45 minutes.

**Per 100g** Calories 218, Fat 3.5g, Saturates 0.5g, Carbohydrate 41g, Sugars 3.9g, Fibre 5g, Protein 7.5g, Salt 0.29g



**Chef's Top Tip**  
choose:





# HAVE YOU TRIED OUR VEGAN RANGE?



🌿 Dairy Free

🌿 Gluten Free

🌿 Wheat Free



*Red Cabbage Coleslaw*



*Pea, Pesto and Farro Bean Salad*



*Cherry Tomato Spaghetti with Basil*



For recipe inspiration visit [sacila.co.uk/recipes/vegan](https://sacila.co.uk/recipes/vegan)



# MAKE YOUR OWN MOROCCAN SPICE MIX



Bordering the Atlantic and Mediterranean sea, Morocco is famed for its delicious, aromatic food. Though also part of Africa, the country has harnessed its own unique reputation, and invites tourists from across the world to marvel at its ancient architecture, beautiful mountainous regions and, of course, the striking Sahara Desert. The country's traditional food encompasses subtle spices and intriguing flavour combinations, with inspiration drawn from the cuisines of its nearby Spanish and Algerian neighbours.

From traditional tagines to rich, filling hariras and even vegan b'stillas (a filo pastry pie combining sweet and savoury notes, usually including almond, saffron, cinnamon and coriander), there's plenty of new and exciting recipes to try. And don't forget Morocco's signature side dish: couscous. Often mixed with a variety of different vegetables, herbs and spices, couscous can easily be transformed from a simple side to a magnificent main meal. When making your own Moroccan dishes, having a pot of ras el hanout to hand is essential. The blend combines sweet and pungent spices, and is perfect for flavouring everything from tagines to b'ssaras (a broad bean soup).

## RAS EL HANOUT

SF OF GF NF

- 1½ tbsp ground cumin
- 1 tbsp ground coriander
- 1 tbsp ground cinnamon
- 2 tsp ground ginger
- 1 tsp ground black pepper
- 1 tsp ground turmeric
- ½ tsp ground cardamom
- Pinch saffron











Harira

Butternut squash houmous

Moroccan spiced falafels

Zaalouk



## BUTTERNUT SQUASH HOUMOUS

Serves: 6

Using butternut squash gives this houmous a lighter, fresher and sweeter taste. It also lowers the calories, as, though nutritious, chickpeas are considerably more calorie-dense than butternut squash.

- ½ butternut squash, diced
- 2 tbsp olive oil
- 400g (14oz) tin chickpeas, drained
- 1 tbsp gluten-free tahini
- 1 clove garlic
- 1 lemon, juice only
- 2 tbsp water
- 1 tbsp ras el hanout

**1** Add the butternut squash to a pan of water and bring to the boil. Cook for 10 minutes until softened, then drain.

**2** Add the squash, olive oil, chickpeas, tahini, garlic, lemon juice, water and ras el hanout to a blender and blend until smooth. Season to taste, before serving.

**Per serving of butternut squash houmous (117g)** Calories 168, Fat 7.7g, Saturates 0.9g, Carbohydrate 20g, Sugars 3.5g, Fibre 5g, Protein 5.7g, Salt 0.43g

**Per serving of harira (424g)** Calories 411, Fat 11g, Saturates 1.3g, Carbohydrate 64g, Sugars 15g, Fibre 19g, Protein 20g, Salt 2.3g

## HARIRA

Serves: 4

This spiced Moroccan soup is traditionally eaten during Ramadan to break the fast each night. Due to its high protein content and nutritional value, it's the perfect meal to refuel.

- 2 tbsp olive oil
- 1 white onion, finely diced
- 2 cloves garlic, pureed
- 1 stalk celery, finely diced
- 2 carrots, diced
- 1 sweet potato, diced
- 2 tbsp ras el hanout
- 1 red chilli, finely diced
- 400g (14oz) tin chickpeas, drained
- 400g (14oz) tin lentils, drained
- 400g (14oz) tin chopped tomatoes
- 1.2l (5 cups) gluten-free vegetable stock
- Handful coriander, chopped

**1** In a saucepan over a medium heat, add the olive oil, onion, garlic, celery, carrots and sweet potato, and cook for 4-5 minutes until the vegetables start to soften.

**2** Add the ras el hanout and red chilli and cook for a further 1-2 minutes.

**3** Add the chickpeas, lentils, chopped tomatoes and vegetable stock to the pan, and simmer for 30-40 minutes until the sauce has thickened and the vegetables are soft. Season to taste and serve topped with the chopped coriander.

- 400g (14oz) tin chickpeas, drained and rinsed
- 1 small red onion, roughly chopped
- 1 garlic clove, chopped
- Handful parsley, chopped
- 1 tbsp ras el hanout
- 1 tsp harissa paste
- 4 tbsp buckwheat flour
- 60g (2oz) dried apricots, chopped
- 2 tbsp olive oil

**1** Preheat the oven to 200°C/400°F/Gas 6. Add the chickpeas, red onion, garlic, parsley, ras el hanout, harissa paste and

## ZAALOUK

Serves: 4

Zaalouk can be served warm, as a stew with rice or couscous, or served cold as a dip or salad, to be eaten with falafels and breads.

- 2 tbsp olive oil
- 2 large aubergines, chopped
- 4 tomatoes, chopped
- 2 cloves garlic, pureed
- 1 tbsp ras el hanout
- Handful coriander, chopped
- 1 tbsp lemon juice

**1** Heat the olive oil in a medium-sized pan over a medium-high heat. Add the aubergines, tomatoes, garlic and ras el hanout; stir for 2-3 minutes, then turn the heat down, cover and leave to cook gently for roughly 20 minutes until the aubergine has softened.

**2** Uncover the mixture and mash the zaalouk with a fork. Then turn the heat up and cook, uncovered, for 3-4 minutes until the mixture has thickened. Mix in the chopped coriander and lemon juice and season to taste, before serving.

**Per serving of zaalouk (265g)** Calories 111, Fat 7.7g, Saturates 1.1g, Carbohydrate 9g, Sugars 5.8g, Fibre 2g, Protein 2.7g, Salt 0.03g

## MOROCCAN SPICED FALAFELS

Makes: 16

These falafels have a great spice to them, which is balanced by the sweetness of the dried apricots – they will pair perfectly with the Butternut Squash Houmous.

buckwheat flour to a blender, and blend until almost smooth. Transfer the mix to a bowl, stir in the apricots and season to taste.

**2** Mould the mixture into 16 equal balls. Heat the olive oil in a large frying pan over a medium heat, add the balls and fry for 4-5 minutes until they're brown on all sides.

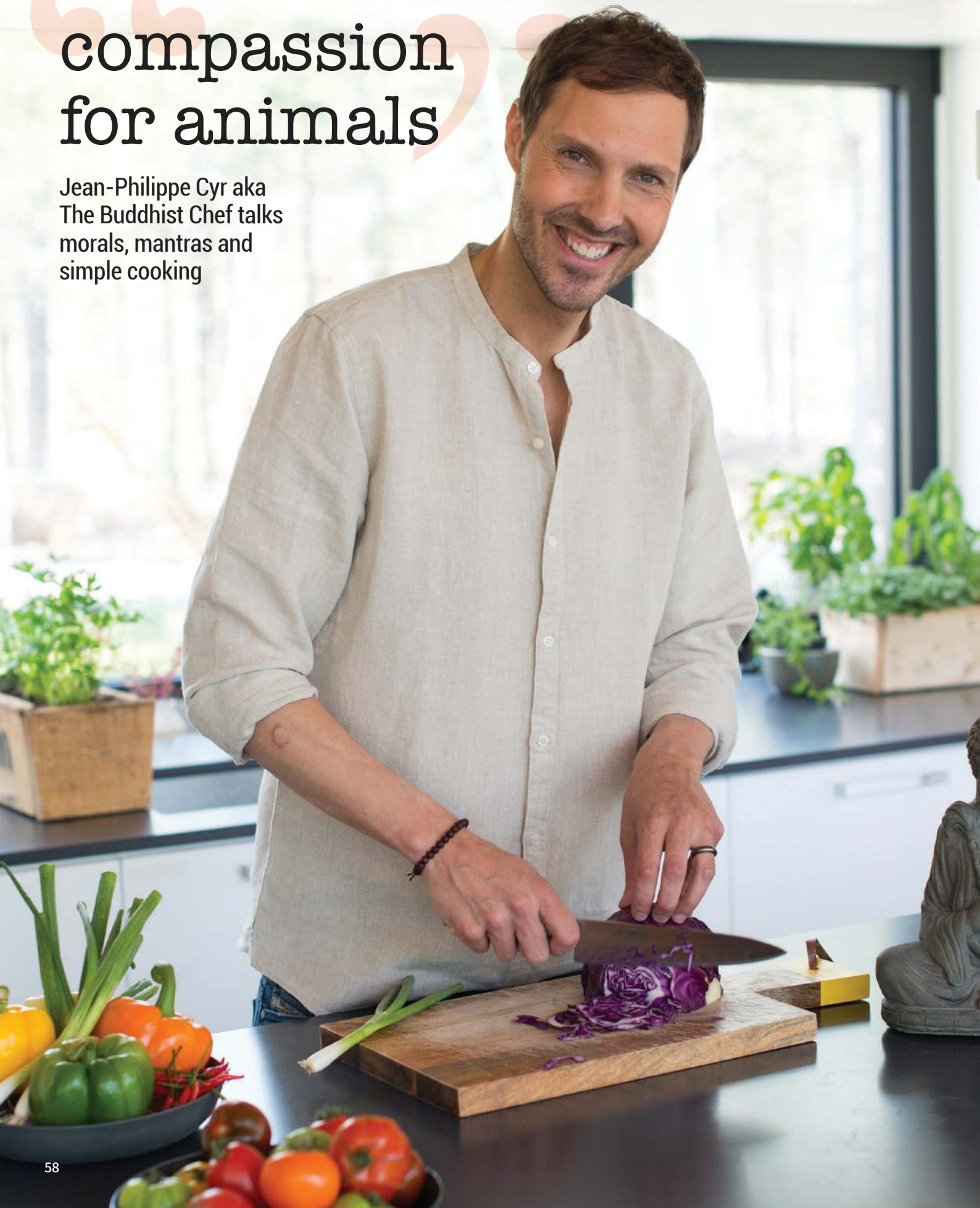
**3** Then transfer the falafels onto a baking tray and bake for 20 minutes in the oven, before serving.

**Per falafel (41g)** Calories 71, Fat 2.6g, Saturates 0.3g, Carbohydrate 10g, Sugars 3.4g, Fibre 2g, Protein 2.3g, Salt 0.17g



# It all starts with compassion for animals

Jean-Philippe Cyr aka  
The Buddhist Chef talks  
morals, mantras and  
simple cooking





## When and why did you turn vegan?

I'm a classically trained chef and pre-vegan I was working in restaurants; one day I was hired to cater an event for 400 people – the menu: rack of lamb; the location: a funeral home. That's when I made the connection. The worst thing was that some of the people there didn't even touch their plates – animals had lost their lives for this, and they simply let it get cold. It makes you realise how very spoilt we are, that we can sit there in front of a dead baby animal and not worry about it going to waste.

## Discovering new food and flavours is like learning a new language – it's exciting to be vegan!

The biggest shock was realising that I was part of it – part of the problem, not the solution. So I transitioned to a vegan diet and started to share my recipes.

## What's the most common question you get asked by non-vegans?

It's always about protein and nutrients: "how do you get protein?"; "aren't you scared of missing out on nutrients?". I thought it was over; I thought there were enough vegans in the world nowadays that people wouldn't feel it necessary to ask these types of questions. But they're very disbelieving that you can thrive on a plant-based diet. In places like LA it's usually ok, because veganism is fashionable, so everyone knows about it. But I was in France last year and people were genuinely concerned about my health.

## Now you're vegan, do you still challenge yourself to create haute cuisine recipes or do you prefer a simpler diet?

The best recipe is the simplest recipe. If you create a complicated dish, it'll taste complicated, and usually not in a good way. I try to remove ingredients – a good recipe is a recipe where you can't remove any more ingredients. Plus, I want people to actually cook my dishes, not just admire them. This is not an ego thing for me – I've seen some chefs who use very complex techniques to show off, but I have nothing to prove. I want people to make my dishes in their own homes and that means using ingredients that they'll have in their store cupboard. You can't change the world through food if people can't cook your recipes.

## Do you have any tips for those new to veganism and vegan cooking?

**1** Start by using your most familiar recipes. Spaghetti sauce (Bolognese) for instance, can easily be made vegan, just by replacing the ground beef with soya mince.

**2** Try to make tofu a staple ingredient in your cooking. I love tofu! Make a good sauce to pour over it, or even just coat it in corn starch. People's biggest problem with tofu is usually the texture; try dicing the tofu, coating it in corn starch and frying it in a little bit of oil. It crisps up, instantly changing the texture.

**3** Focus on the taste and lead with the fork – to change your diet or convince others to do so, you need to make convincingly delicious dishes.

## Do you think your change to a plant-based diet has helped improve your day-to-day life as well as your diet?

Of course! I feel like it's still changing me, every day. When you first go vegan you don't think about it much – you just cook your vegan dinners at home and that's that. But now, I go out and realise that there's meat all around us. I helped my wife transition to veganism, too – she was the meat and potatoes one in our couple. She was very picky at first, but now she says she'd never go back to meat. We have so much more diversity in our diet now than before; discovering new food and flavours is like learning a new language – it's exciting to be vegan!

## Buddhism is about trying to live without causing unnecessary suffering

For my wife, as a doctor, she's always running around the hospital telling people to quit meat and dairy. Every day she sees the implications of people eating fat-rich animal-based diets – it's scary; sometimes people can't even turn over in bed, and it's not people in their 80's, it's people in their 40's.

## How do you think your religious and moral beliefs affect your view towards food, cooking and veganism?

Buddhism is about trying to live without causing unnecessary suffering. That's the main point and it's one of the things which led me to veganism. I was already meditating a lot, and I was volunteering at a Buddhist centre, where I was cooking vegetarian meals all day long – it's

where I developed a lot of my recipes actually. It's a silent meditation centre, so no one could complain!

I learnt a lot from there, and then had to put those lessons into practice in my everyday life. It starts with compassion for animals – in the centre nothing is allowed to be harmed. If there's a spider, mouse or fly, you can't kill it or put a trap down, you have to deal with it and learn how to go against the reaction to kill that was put into you by society. It was here that I learnt that every life has meaning; every life is of equal worth – so how can I let animals die on my behalf?

## The biggest shock was realising that I was part of it – part of the problem, not the solution

After you wake up to this, you ask yourself: 'how did I not see it before?'. This is why I don't speak from a place of judgment when talking to non-vegans, because I was there. So it's not just compassion for animals, it's compassion for non-vegans – so often on social media people are just shouted at, and there's so much aggression. We need to be supportive, not judgemental.

## Which one dish do you think every new vegan should try to cook?

General Tso's Tofu – it's easy to make and uses simple ingredients, plus the tofu is covered in corn starch, so it's crispy and delicious. It's a vegan meal that doesn't taste 'vegan'.





# GENERAL TSO'S TOFU

**Serves:** 2

This is the recipe I think all new vegans should start with! The combination of sweet and spicy flavours works really well, while the spring onion and sesame seed garnish gives it a little added crunch.

- 450g (15¾oz) block firm tofu, diced
- 35g (¼ cup) cornflour
- 3 tbsp vegetable oil
- 2 cloves garlic, minced
- 1 tbsp fresh ginger, minced
- 180ml (¾ cup) vegetable stock
- 3 spring onions, finely chopped
- 2 tbsp (30ml) maple syrup
- 2 tbsp soy sauce
- 2 tbsp ketchup
- 1 tsp sriracha sauce, or chilli paste
- Steamed rice, to serve
- Sliced spring onion, to garnish
- Sesame seeds, to garnish

**1** In a bowl, combine the tofu with the cornflour and shake to coat.

**2** In a large frying pan, heat the vegetable oil over medium-high heat. Add half of the tofu cubes and fry, until they're golden brown and crisp. Transfer the tofu to a plate lined with paper towels to drain off the excess oil. Repeat with the remaining tofu cubes, adding more oil as needed.

**3** Once the tofu is cooked, in the same pan, cook the garlic and ginger together for 1 minute. Add more oil, if needed.

**4** Add the vegetable stock, spring onions, maple syrup, soy sauce, ketchup, and sriracha sauce to the pan, and stir to combine. Simmer for a few minutes to thicken, then stir in the fried tofu.

**5** Serve over steamed rice, garnished with sliced spring onion and sesame seeds.

## • Recipes from The Buddhist Chef

Instagram/ @the\_buddhist\_chef  
Facebook/ thebuddhistchef  
YouTube/ The Buddhist Chef  
[thebuddhistchef.com](http://thebuddhistchef.com)



• Photography by Samuel Joubert



# SPICY PEANUT TOFU

Serves: 2

Super simple and quick to make, this dish shows how tasty tofu can be! Serve it over a bed of rice for a healthy, easy and filling midweek meal.

- 2 tbsp vegetable oil
- 2 shallots, minced
- 2 cloves garlic, minced
- 240ml (1 cup) vegetable stock
- 70g (¼ cup) peanut butter
- 2 tbsp soy sauce
- 2 tbsp ketchup
- 1 tbsp maple syrup
- ½ tsp sriracha sauce
- 450g (15¾oz) block firm tofu, diced
- Rice, to serve

**1** In a large saucepan, heat the vegetable oil over medium-high heat.

**2** Add the shallots and garlic to the pan, and sauté for 2 minutes.

**3** Add the vegetable stock, peanut butter, soy sauce, ketchup, maple syrup, and sriracha sauce to the pan, and stir thoroughly to combine.

**4** Add the tofu to the pan, then bring the mixture to a boil and simmer until the sauce is thick and creamy. Serve over rice.



## BECOME A RELAXATION TEACHER

Or just learn to relax yourself

## THE ART OF FINDING STILLNESS AND CALM

## RELAXATION AND DAILY AWARENESS WORKSHOP

A unique one day certificated teachers workshop with Vegan Buddhist Monk.

## VEN. LAMA SHRI SADHU DHARMAVIRA

(Teaching since 1969)

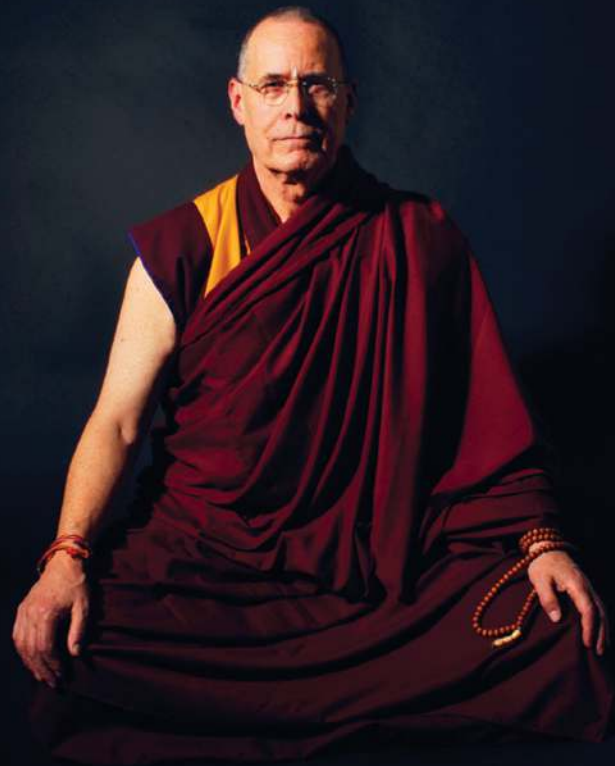
This unique workshop contains all the relaxation techniques needed to experience the wellbeing that comes through a life that is stress and anxiety free.

This course was created for those who wish to teach others to be stress free. But, anyone who would like to attend for their own personal wellbeing, is very welcome.

Booking now for workshops in London.

To ensure quality teaching, workshops are limited to a maximum of 8 participants.

To receive full details about the workshop and its benefits, please telephone: **01723 862 496** (calls taken between 8am - 6pm, 7 days a week)



VEN. LAMA SHRI SADHU DHARMAVIRA





# Kids COOK VEGAN







## MINI FRITTATAS

Makes: 10-12

SF GF NF

These mini frittatas are super easy to make. You can customise them with your children's favourite vegetables, or make them plain without any veg for a simple snack – it's completely up to you!

- 1 tbsp oil, for brushing muffin tin
- 150g (1½ cups) chickpea flour
- 450ml (scant 2 cups) water
- 4 tbsp nutritional yeast
- 1 tsp baking powder
- 1 tsp garlic powder
- 1 tsp sea salt
- ½ tsp black pepper
- 75g (½ cup) mixed peppers, finely chopped (we used red, yellow and green)
- 70g (½ cup) peas
- 70g (½ cup) sweetcorn
- 2 spring onions, sliced

### You will also need:

- 12 hole muffin tin

**1** Preheat oven to 200°C/400°F/Gas 6 and grease your muffin tin with the oil.

**2** In a jug, combine the chickpea flour and water and whisk together until smooth.

**3** In a separate bowl, add the remaining ingredients including the seasoning and vegetables, and stir to combine. Then add the gram flour mix to this and stir. Pour this mixture back into the measuring jug (this will make it easier to pour into the muffin tin).

**4** Divide the chickpea batter between the holes in the muffin tin. Bake for 30-35 minutes, until a toothpick inserted in the centre comes out clean, and the frittatas are beginning to brown on top.

**5** These are best served warm, but once cooled can be kept in the fridge for a few days.

**Per frittata (85g)** Calories 71, Fat 1g, Saturates 0.1g, Carbohydrate 11g, Sugars 1.5g, Fibre 2g, Protein 4.7g, Salt 0.76g

**Vegan-friendly**

**Vegum's**

Multi-Vitamin Starter Pack

**Vegum's**

Gummy vitamins

**No animal products, no plastic, no nasties, no worries!**

**Subscribe and save now at [www.vegums.com](http://www.vegums.com)!**

**3+**

**vitamins labeled on leaves:** B12, D2, selenium, iodine, folic acid



# An apple a day



Breathe easy: how to handle hay fever, asthma and eczema





**P**rofessor Michael Rudenko, medical director of The London Allergy and Immunology Centre explains what hay fever, asthma and eczema are, how they're linked and how best to treat them.

## THE ORIGINS OF HAY FEVER – ALLERGIC RHINITIS AND CONJUNCTIVITIS

The first description of hay fever was made by Charles Harrison Blackley in 1873. By 1900, outbreaks of hay fever had reached epidemic levels. Hay fever is essentially a pollen allergy, and symptoms come in two main forms: allergic rhinitis and conjunctivitis.

Allergic rhinitis is when the inside of the nose becomes inflamed in reaction to an allergen. The condition affects approximately 500 million people around the world. Patients from all countries, all ethnic groups, all socioeconomic conditions and all ages suffer from it. Allergic rhinitis tends to be more common in developed countries, but it is increasing in the lesser developed areas, too.

Conjunctivitis is the inflammation or swelling of the conjunctiva – the thin layer of tissue that covers the front of the eye. Seasonal allergic conjunctivitis is when a pollen allergy (usually) causes redness and itching of the eyes.

## TYPES OF ALLERGIC REACTIONS

More than 25 per cent of the population are suffering from type 1 (immediate) hypersensitivity (aka an allergic reaction); more often than not these are linked to genetic predispositions. The symptoms of type 1 asthma (and some forms of eczema) are due to the formation of immunoglobulin E antibodies working against harmless environmental antigens (i.e. allergens).

The term 'allergen' is used to indicate any substance that can initiate an allergic reaction, such as certain pollens, moulds, house dust mites, animal dander, cow's milk, and other inhalants or food items known to trigger immediate or late hypersensitivity reactions. The term is also used to describe the environmental components that cause delayed hypersensitivity reactions.

Delayed hypersensitivity is driven by the lymphocytes – the immune cells which play a role in skin conditions (e.g. allergic-contact dermatitis to chemicals or metals, and in some cases of eczema that are exacerbated by specific foods or other allergens).

## ASTHMA

Asthma is a serious global health problem – 300 million people of all ages have asthma. The prevalence of asthma varies around the world (from 1 to 18 per cent) and it has increased because of changes in the modern, urban lifestyle. This chronic airway disorder affects people of all ages, in all countries. The question 'why does asthma occur?' remains unanswered, despite the successes of contemporary science, new diagnostic tests and treatments.

When uncontrolled, asthma can severely limit everyday activities and can, in some instances, even be fatal. The prevalence of asthma is on the increase in most countries, especially where children are concerned. The disorder places a significant burden on family life, not only in terms of health care costs but also in terms of lost productivity and reduced participation. Henry Hyde Salter described asthma in his book, *On Asthma: Its Pathology and Treatment*, in 1870, even though it was still not very common. Variations of asthma only started to be recognised in 1960, with a massive increase from 1960 to 2000.

## IMMUNOTHERAPY

Allergen immunotherapy is currently the only medical intervention that can potentially affect the natural course of allergies. The treatment involves giving a patient small, occasional doses of whatever they are allergic to, in the form of injections, drop or tablets. The aim is that the body will eventually get used to the allergen and won't react as severely. Lotions, antihistamines, decongestants and steroids are often prescribed for mild allergies, but these are to treat symptoms rather than to stop the allergy.

After 100 years of clinical use of immunotherapy there has been tremendous progress in effectively diagnosing and treating specific allergies. Years of clinical trials, studies, and meta-analyses have shown that immunotherapy can achieve promising results – improving the allergic individual's quality of life, reducing long-term costs and the burden of allergies, and changing the course of the disease.

Allergen immunotherapy does not only effectively alleviate allergy symptoms but provides long-term effects, even after the treatment ends, and can prevent the progression of allergies.

### • Words: Professor Michael Rudenko

Professor Michael Rudenko is a consultant in allergy and immunology and the medical director of The London Allergy and Immunology Centre.



## TOP TIPS ON HANDLING HAY FEVER

The NHS suggests a few tips for tackling hay fever in the spring and summer months:

- 1 Rub a vegan-friendly petroleum jelly or balm around your nostrils to trap pollen before you breathe it in
- 2 Wear wrap-around sunglasses to stop pollen getting to your eyes
- 3 Shower and change your clothes after you've been outside to wash pollen off
- 4 Vacuum regularly and dust with a damp cloth
- 5 Buy a pollen filter for the air vents in your car

While other sources suggest natural treatments, such as trying:

- Drinking nettle tea
- Eating local flowers (after ensuring they are safe to eat)
- Trying dandelion marmalade



Facebook/ @AllergyClinicLondon  
Twitter/ @Allergy\_London  
[ukallergy.com](http://ukallergy.com)  
[allergyclinicleondon.co.uk](http://allergyclinicleondon.co.uk)



# VEGETABLE AND LENTIL MOUSSAKA

Serves: 4



This moussaka is a great gluten-free meal, and is packed with vegetables and protein, too, making it a nutritionally-balanced midweek saviour.

## For the moussaka:

- 2 aubergines, sliced roughly 5mm thick lengthways
- 1 onion, finely diced
- 2 cloves garlic, crushed
- 2 carrots, grated
- 2 parsnips, grated
- 1 tbsp dried oregano
- 1 tsp dried mint
- 1 tsp ground cinnamon
- 1 tbsp gluten-free soy sauce
- 400g (14oz) tin cooked lentils, drained
- 400g (14oz) tin chopped tomatoes
- 60ml (¼ cup) water

## For the cashew white sauce:

- 150g (1 cup) cashews, soaked overnight
- 1 garlic clove
- 2 tbsp nutritional yeast
- 1 tsp mustard powder
- 60ml (¼ cup) almond milk

## To top:

- 3 tbsp nutritional yeast

**1** Preheat the oven to 200°C/400°F/Gas 6. For the moussaka, in a non-stick frying pan, cook the aubergine slices for 1-2 minutes on each side until softened. Set aside.

**2** In a saucepan over a medium heat add the onion, garlic, carrots and parsnips, and cook for 4-5 minutes. Then add the oregano, mint and cinnamon and cook for a further 2-3 minutes. Add the soy sauce, lentils, chopped tomatoes and water and simmer for a final 6-8 minutes until thickened.

**3** For the cashew sauce add the cashews, garlic, nutritional yeast, mustard powder and almond milk to a blender and blend until smooth.

**4** In an ovenproof dish, layer the lentil mix and aubergine slices until the dish is filled. Then pour over the cashew sauce and sprinkle with the nutritional yeast. Place in the oven to bake for 20 minutes, before serving.

Per serving (541g) Calories 477, Fat 19g, Saturates 3.3g, Carbohydrate 60g, Sugars 16g, Fibre 10g, Protein 23g, Salt 1.3g





# MILLET AND VEGETABLE PATTIES WITH RED PEPPER DRESSING

Serves: 4

SF OF GF

These millet patties are a great addition to a salad, wrap or sandwich. The red pepper dressing has a natural sweetness from the roasted pepper and a creaminess from the cashews.

## For the red pepper dressing:

- 2 red peppers, roasted
- 75g (½ cup) cashews, soaked overnight
- 120ml (½ cup) water
- 1 tbsp lemon juice
- 1 clove garlic, puréed

## For the millet patties:

- 200g (1 cup) millet, rinsed
- 480ml (2 cups) water
- 1 onion, finely diced
- 2 garlic cloves, puréed
- 1 carrot, grated
- 1 parsnip, grated
- 1 pepper, sliced
- 1 courgette, grated
- 1 tsp cumin
- Handful parsley, chopped
- 60ml (¼ cup) almond milk
- 2 tbsp ground flaxseed, mixed with 1 tbsp warm water
- 2 tbsp buckwheat flour

**1** Preheat the oven to 200°C/400°F/ Gas 6. For the dressing, place the red peppers on a tray to roast for 20 minutes, until the skins start to colour and become loose. Once cooked, allow the peppers to cool before peeling away the skins and removing the seeds.

**2** Add the peppers, cashews, water, lemon juice and garlic to a food processor and blend until smooth. Set aside.

**3** For the millet patties, add the millet and water to a saucepan over a medium heat and boil for 15 minutes until the millet is cooked.



Per serving (253g)  
Calories 246, Fat 11g,  
Saturates 1.8g,  
Carbohydrate 33g,  
Sugars 6g, Fibre 6g,  
Protein 7.7g, Salt 0.31g

**4** In a non-stick frying pan over a medium heat add the onion, garlic, carrot, parsnip, pepper and courgette and fry for 4-5 minutes until the vegetables soften.

**5** Add the cooked vegetables, millet, cumin, parsley, almond milk, ground flaxseed and buckwheat flour to a bowl

and mix well. Mould this mixture into 16 equally-sized patties.

**6** In a large non-stick frying pan, fry the patties over a medium-high heat for 3-4 minutes. Then transfer to a tray and bake in the oven for 10 minutes, before serving with the pepper dressing.



# PEANUT BUTTER BLONDIES

Makes: 8

SF GF

These peanut butter blondies have a gooey texture and rich flavour – they make a great dessert or can even work as a post-workout refuel snack, thanks to their high protein content.

- 400g (14oz) tin chickpeas, drained
- 80g (⅓ cup) maple syrup
- 120g (½ cup) gluten-free peanut butter
- 1 tsp vanilla extract
- ½ tsp gluten-free baking powder
- 2 tbsp ground almonds
- 1 tbsp almond milk
- 50g (⅓ cup) chopped cashews
- 50g (⅓ cup) chopped dates

**1** Preheat the oven to 180°C/355°F/Gas 4. Add the chickpeas, maple syrup, peanut butter, vanilla extract, baking powder, ground almonds and milk to a blender and blend until smooth.

**2** Transfer the mixture to a bowl and fold in the cashews and dates. Then transfer the mixture to a lined baking tray and place in the oven to bake for 20-25 minutes, until the edges are starting to brown. Allow to cool before cutting.

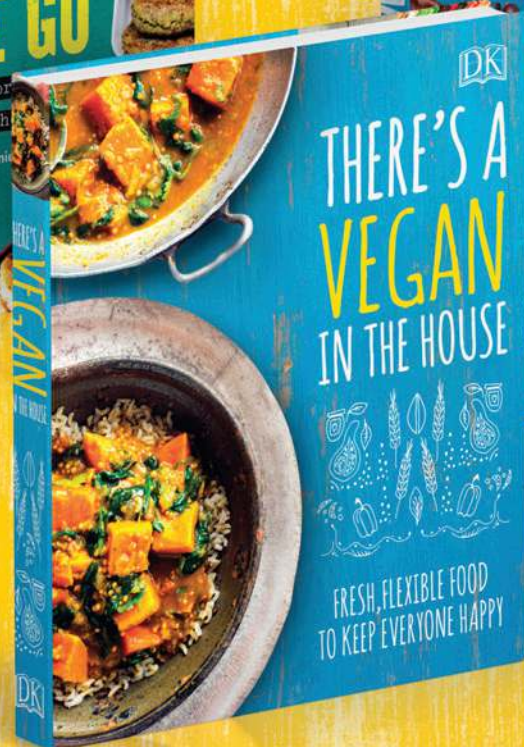
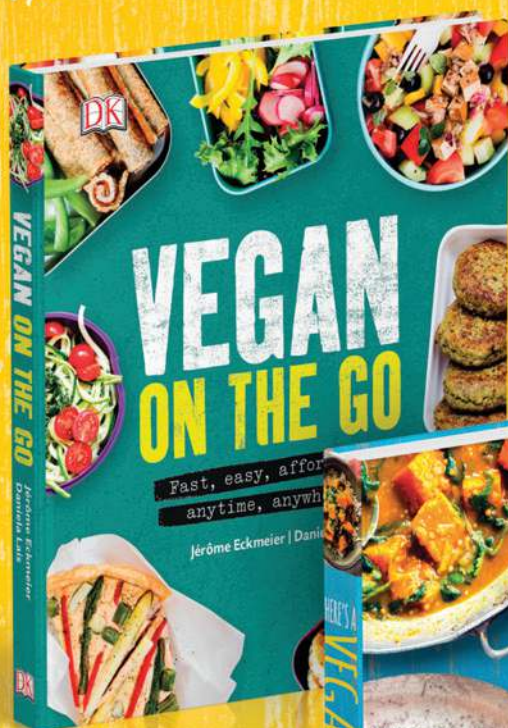
**Per brownie (90g)** Calories 240, Fat 12g, Saturates 2.1g, Carbohydrate 28g, Sugars 14g, Fibre 5g, Protein 8.2g, Salt 0.33g





# EVERYDAY FOOD FOR EVERYONE

Essential cookbooks for any  
household venturing into veganism



Out Now



Available wherever books are sold.

Plant-based healing recipes  
for a modern Ayurvedic lifestyle

OUT IN THE UK JULY 4



# LIV-ING ON A BUDGET

Vlogger, blogger and vegan foodie Liv B shares her tips for living as a low-cost vegan

**M**oney is a huge factor in everyone's life; it may not make the world go round (gravitational forces do that) but it definitely dictates the type of lifestyle and diet we can feasibly follow. For those of us who aren't in the illustrious 1 per cent, seeing the price tags on anything donning the official 'vegan' label can be daunting, and may even encourage some to question their transition. Fortunately, however, there are a few plant-based pioneers showing us how to rock a vegan lifestyle without splashing the cash; one of the finest of these being Olivia Biermann (aka Liv B).

## MEET LIV...

As a food-lover, cooking and eating are two of my favorite pastimes. But, to be honest, I don't love to spend a lot of time in the kitchen prepping and cooking my meals. My favorite recipes are the ones that are easy to follow, use simple ingredients, and taste absolutely delicious. I try to avoid recipes that have long and complicated ingredients lists and masses of directions, because there is always a fear that it won't work out. That usually means time and money wasted, and also feeling disappointed!





Before I started developing my own recipes and became 'Liv B', I was just a college student with digestive issues who loved to eat. After removing the foods that caused me digestive stress from my diet (like dairy and red meat) I decided it would just be easier to go full vegan. When I started doing some research on the ethical side of veganism, my mind was made up and I decided to make all my meals plant-based.

In order to survive as a plant-based eater in a house full of omnivores, I had to make my own meals. I realised very quickly that a lot of vegan recipes seemed either overly fancy and complicated, or, on the other end of the spectrum, boring and bland. I know there had to be a way to make delicious vegan dishes in a cost-effective and simple way, so I started creating my own recipes and sharing them online. I launched my YouTube channel and blog as a way to show people how easy and delicious plant-based food can be. I never expected it to turn into my full time job (and a cookbook!), but I am so happy it did.

Although a cookbook can have tons of different angles or themes, it was a no-brainer for me that mine would be all about being vegan on a budget. I love showing people that being a budget-friendly vegan is much easier than they may think. Check out my top tips, below, for how to live a low-cost vegan lifestyle, while still eating amazingly delicious food.

## LIV'S TOP TIPS FOR BUDGET-FRIENDLY VEGANISM

**Tip 1:** Cook at home. Being committed to cooking most meals at home is important if you are on a budget – it's no secret that dining at restaurants or ordering takeout is more expensive than making your own food. The good news is, I love making restaurant-worthy meals in the comfort of my own kitchen, and included tons of them in my book! It's all about simplifying dishes and realising that treats like the 'avocado smash' you'd get from your favourite coffee shop is really just avocado on toast, with a little seasoning – simple!

**Tip 2:** Shop smart for groceries. Making an extra trip to your local bulk food store/wholesalers, or even browsing the bulk section at your grocery store is worth it. You can find vegan recipe staples such as nuts, seeds, flour, pasta and grains for a lot cheaper than the pre-packaged brand-name versions. Just be aware of expiry dates if you're buying fresh fruit and veg in bulk, as it can often go bad quicker than you can use it.

**Tip 3:** Embrace leftovers and cooking with scraps. Make sure you have reusable

containers on-hand to keep leftovers properly stored. Freezing leftovers is a great way to cut down on food waste, and it gives you quick, easy-access meals for busy days. Also, don't be afraid to experiment with end-of-the-week scraps! Small quantities of leftover vegetables, grains and herbs can be easily turned into a delicious stir fry. You can also boil vegetable scraps to make stock for soup or sauces. If you have some fruit that is just past peak ripeness, freeze it to use in smoothies or oatmeal (porridge). Get creative and have fun with it!

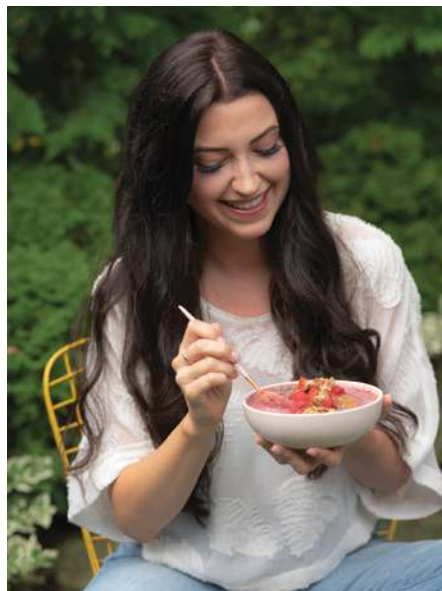
**Tip 4:** Make two lists before you go shopping – one being your 'meal ideas for the week' with four or five dishes you want cook, and the other listing all the ingredients you need to buy for them. Planning ahead can really help cut costs, and save time, too!

• **Words:** Olivia Biermann

Instagram/ @itslivb

YouTube/ Liv B

[itslivb.com](http://itslivb.com)



# FREE Daily Recipes

Sign up to receive **FREE** inspirational PlantBased daily recipes.

Freshly delivered every day to your inbox.



**PlantBased**  
[plantbasedmag.com/daily-recipes](http://plantbasedmag.com/daily-recipes)



# TAKEOUT THAI CURRY COCONUT SOUP

**Serves:** 4

Making takeout recipes at home is something I love doing on my YouTube channel. They are super popular because it's an easy way to save money and eat a little bit healthier. Thai is on my regular rotation and this recipe was inspired by yellow curry, which I always order.

- 2 tbsp coconut oil
- 2 garlic cloves, minced
- 75g (½ cup) spring onions, chopped
- 175g (1 cup) red pepper, chopped
- 175g (1 cup) broccoli, chopped
- 1 medium carrot, chopped
- 3 tbsp vegan Thai yellow curry paste (see top tip)
- ½ tsp ground ginger
- 500ml (generous 2 cups) gluten-free vegetable stock
- 240ml (1 cup) water
- 400g (14oz) tin full-fat coconut milk
- 3 tbsp brown sugar
- 115g (4oz) rice vermicelli noodles

**1** Heat a medium pot over a medium heat. Add the coconut oil and heat until shimmering. Add the garlic and onions and cook for 3 minutes, stirring frequently, until the garlic is just beginning to brown. Then add the pepper, broccoli and carrot; cook for 3-4 minutes, stirring occasionally, until slightly softened.

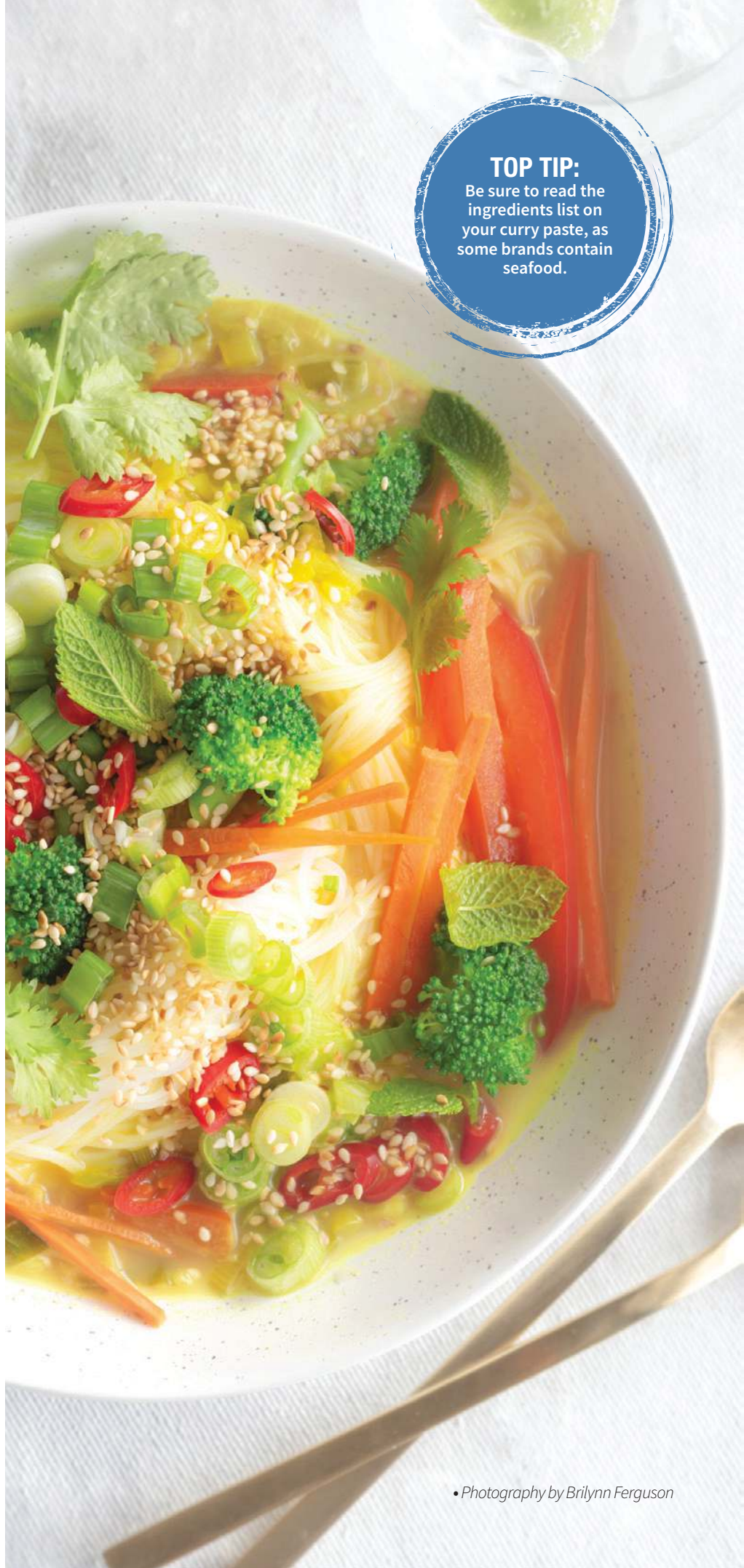
**2** Add the curry paste, ginger, vegetable stock, water, coconut milk and brown sugar; stir until combined and the curry paste is completely dissolved. Reduce the heat to low and simmer for 10 minutes, stirring occasionally, until the soup has thickened slightly.

**3** Meanwhile, cook the noodles in a separate pot according to the packet directions. Drain.

**4** Add the noodles to the curry mixture and stir to combine. Divide evenly among four bowls, before serving.

## TOP TIP:

Be sure to read the ingredients list on your curry paste, as some brands contain seafood.



•Photography by Brilynn Ferguson



# EDIBLE COOKIE DOUGH

**Makes:** 400g (1¼ cups) approx.

Like many kids, my favorite part of making cookies was sneaking some dough while my mom wasn't looking. Although, thinking back, I'm sure she also sneaked in a taste of cookie dough while I wasn't looking! This version is safe to eat raw, since it doesn't contain eggs or wheat flour. Serve by itself or on top of pancakes, ice cream or graham crackers.

- 175g (1¾ cups) gluten-free oat flour (see top tip)
- ¼ tsp salt
- 55g (¼ cup) dairy-free butter, softened
- 100g (½ cup) light soft brown sugar
- 2 tbsp unsweetened plant-based milk
- ½ tsp vanilla extract
- 45g (¼ cup) dairy-free chocolate chips

**1** Whisk together the oat flour and salt in a bowl.

**2** Cream together the butter and brown sugar in a separate bowl, until smooth and combined. Add the milk and vanilla, and stir to combine.

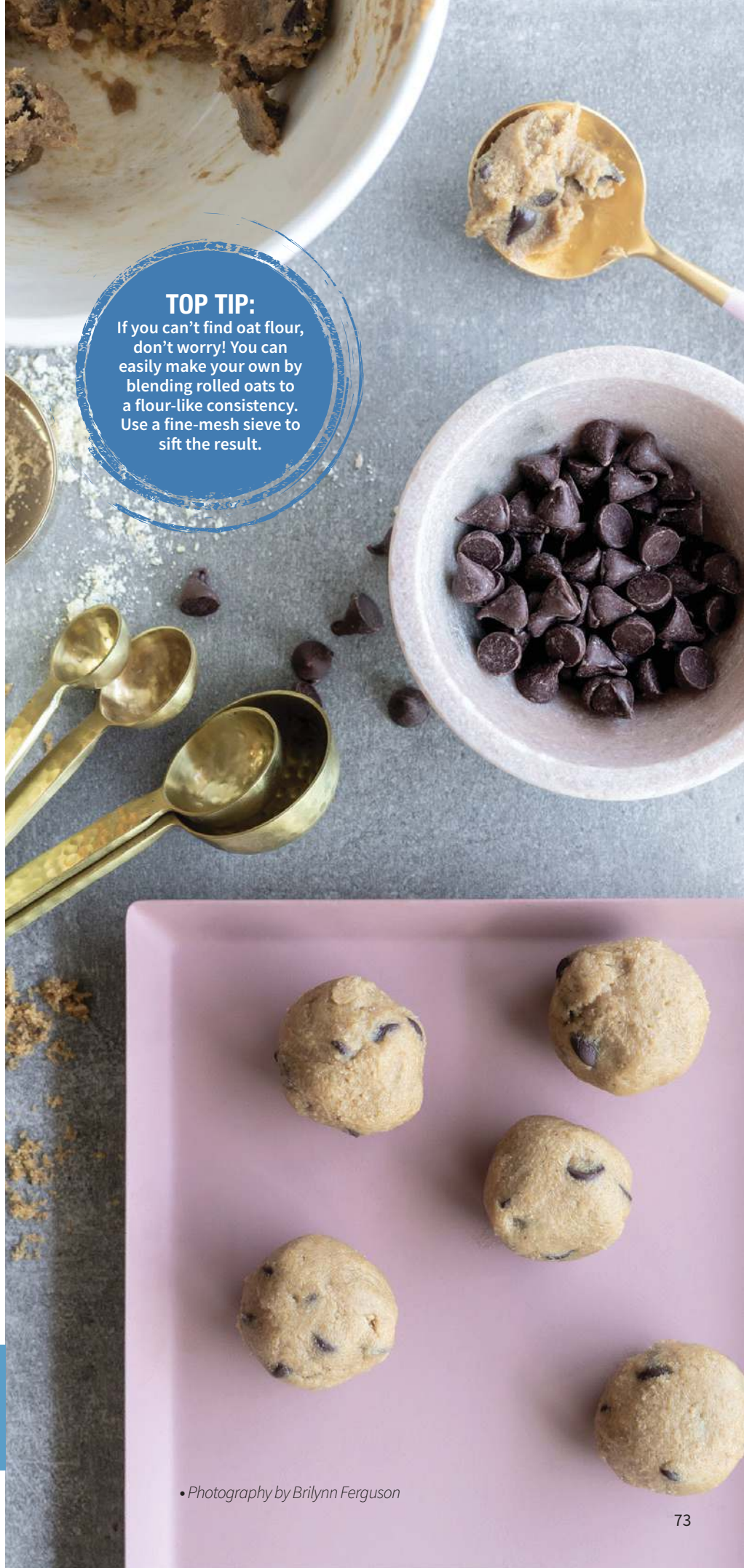
**3** Add the flour mixture to the brown sugar mixture; stir until a dough forms. Stir in the chocolate chips. Serve immediately or store in an airtight container in the fridge for up to 1 week, or in the freezer for up to 1 month.

## TOP TIP:

If you can't find oat flour, don't worry! You can easily make your own by blending rolled oats to a flour-like consistency. Use a fine-mesh sieve to sift the result.



Recipes from *Liv B's Vegan on a Budget* by Olivia Biermann (Robert Rose Inc., £17.25)



• Photography by Brilynn Ferguson



Per serving (340g) Calories 170,  
Fat 1.9g, Saturates 0.2g,  
Carbohydrate 37g, Sugars 12g,  
Fibre 10g, Protein 8.4g, Salt 1.9g

# Budget MEALS

**TOTAL COST: £2.74**  
**PER PORTION: 69p**  
**SKILL LEVEL: EASY**  
**COOK TIME: 50 MINS**

## 'NO BEEF HERE' STEW

Serves: 4

OF SF NF

There's certainly no need to include beef in this hearty and delicious vegan stew. The rich, thick gravy is satisfying and comforting, and will warm you up on chilly evenings.

- 120ml (generous 1 cup) water
- 1 small white onion, chopped
- 1 small red onion, chopped
- 3 medium carrots, cut into 2cm chunks
- 2 parsnips, cut into 2cm chunks
- 3 stalks celery, sliced

- 200g (scant 2 cups) white mushrooms, quartered
- 2 cloves garlic, finely chopped
- 750ml (3 cups + 2 tbsp) gluten-free vegetable stock
- 1 tbsp tomato paste
- 1 tbsp smoked paprika
- 1 tbsp fresh rosemary, chopped
- 1 tbsp fresh thyme, chopped
- 1 tbsp gluten-free wholegrain mustard
- 1 tbsp gluten-free yeast extract
- 2 tbsp cornflour mixed with 120ml (1 cup) water
- 200g (1½ cups) cooked peas (if frozen, rinse under warm water to defrost)
- 10g (⅓ cup) fresh parsley, chopped

### To serve:

- Mashed potato

**1** Heat the water in a pan over medium-high heat. When it starts to bubble, add the onions, carrots, parsnips and celery. Cook, stirring frequently, for about 8 minutes, adding more water if needed.

**2** Add the mushrooms and garlic, and cook, whilst stirring, for a further 5 minutes, adding water as needed.

**3** Add the stock, tomato paste, and paprika, and bring to a boil. Reduce the heat to medium-low and stir in the rosemary, thyme, mustard, yeast extract and cornflour. Cover the pan with a lid and cook for 25-30 minutes, stirring occasionally, until the carrots are tender.

**4** Add the peas and cook for 5 minutes more. Then stir in the parsley, before serving hot, with a side of mashed potato.



# LENTIL MEAT LOAF WITH GARLIC SPINACH

Serves: 6

SF GF NF

This lentil meat loaf makes a deliciously hearty meal that is not only tasty but full of nutritious and high protein grains and pulses.

- 300g (1½ cups) uncooked brown or green lentils
- 250g (1 cups) brown rice
- 3 tbsp vegetable oil
- 2 onions, finely diced
- 2 cloves garlic, finely minced
- 3 tbsp olive oil
- Salt and pepper, to taste
- 80ml (⅓ cup) ketchup
- 60ml (¼ cup) tomato paste
- 2 tbsp maple syrup
- 1 tbsp gluten-free Dijon mustard
- 1 tsp rosemary, dried
- 1 tsp thyme, dried
- 1 tbsp smoked paprika
- 4 tbsp nutritional yeast

## To serve:

- Jacket potato (optional)
- Tender stem broccoli (optional)
- Gluten-free gravy

**1** Preheat the oven to 180°C/350°F/Gas 4. Rinse the lentils and drain.

**2** In a large saucepan, cook the lentils according to packet instructions, but in vegetable stock instead of water, until they are soft and mash-able.

**3** Meanwhile, cook the brown rice according to packet instructions.

**4** Drain the lentils thoroughly then mash them while they are still hot, until broken down, but still retaining some texture. Set aside.

**5** In a frying pan, heat the vegetable oil and fry the onions for 3-5 minutes, or until soft. Then add the garlic and fry until fragrant.

**6** In a large bowl, combine the onions, garlic and olive oil with the mashed lentils and the rice. Then add the salt

and pepper, ketchup, tomato paste, maple syrup, mustard, rosemary, thyme, smoked paprika and nutritional yeast. Mix well and mash a little more, to ensure everything is combined.

**7** Gently press the lentil mixture into a well-greased loaf pan. Bake the loaf for 30 minutes then turn it out onto a baking tray. Cover the loaf with foil and bake it for another 30 minutes.

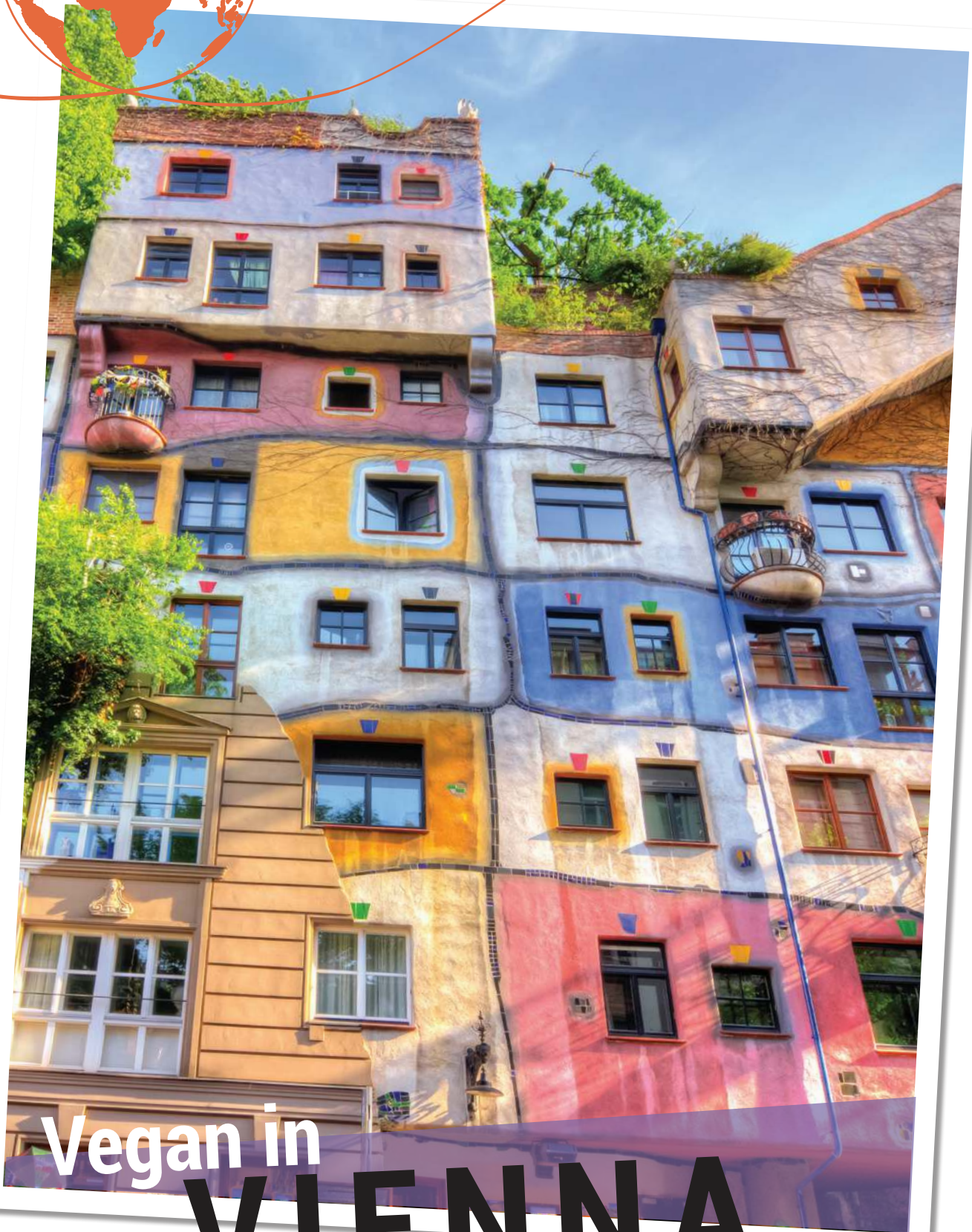
**8** Once cooked, allow the loaf to cool slightly before slicing and serving. Try serving it with a jacket potato, broccoli and gravy.

Per serving (169g) Calories 462, Fat 13g, Saturates 1.7g, Carbohydrate 69g, Sugars 11g, Fibre 4g, Protein 17g, Salt 0.48g



**TOTAL COST: £3.60**  
**PER PORTION: 60p**  
**SKILL LEVEL: EASY**  
**COOK TIME: 1 HOUR**





Vegan in

**VIENNA**

Living plant-based in Austria's illustrious capital





**V**ienna is synonymous with beautiful, historic architecture and, of course, Mozart. If you've ever had the pleasure to travel to the Capital of Austria – which holds a third of the entire country's population – you'll currently be reminiscing about the views of stunning white buildings, the Danube River with its sprinkling of boats, and the bustling streets, brimming with culture.

Vienna has been the prime position for cultural, economic and political movements for much of the German-speaking world and is therefore deeply embedded in traditions and culture. Considering the strength of tradition peering out from every pub, restaurant and produce market, it's surprising to see the enormous strides Vienna has made in the vegan direction.

## TOP TIPS FOR VISITING VIENNA

Summer in Vienna is truly magical; however, be wary that temperatures do reach a toasty 30 degrees Celsius.

**So, tip number 1:** Bring your reusable water bottle to fill up from the plenty of free, potable water fountains around the city.

**Tip 2:** If the weather gets very hot, you can cool down in the fresh water of the Old Danube. There are countless swimming spots and water activities to try, including pedalos, electric cruisers and rowing boats.

**Tip 3:** Take to the skies! A great way to enjoy Vienna is from one of the many rooftop bars and viewpoints scattered across the city, or why not take a ride on the Giant Ferris Wheel in Prater?

You will also find summertime in Vienna to be filled with concerts, film and art festivals. Every year from July to September, the large square in front of City Hall is packed with food stalls and hosts a unique music programme.



## VEGAN SUMMER FESTIVAL

If you're a fan of a festival, there is a three-day vegan summer festival which has been running for over 21 years in Vienna! The festival is the largest of its kind in Europe, has free admission and hosts over 12,000 guests on each of the three days. The event features vegan food, drinks, fashion, accessories and cosmetics, as well as information stands to help people find the best resources to decrease their meat intake and live a more environmentally-conscious and compassionate lifestyle.

## WHERE CAN I EAT? SCHILLINGER'S SWING KITCHEN

One of Vienna's finest vegan havens is Schillinger's Swing Kitchen, which focusses on vegan burgers, wraps, salads and desserts, with awesome swing music playing in the background. This summer lounge is open all week until 10pm, with takeaway options available – they're even delivered in CO2 neutral, biodegradable packaging.

## SIMPLY RAW BAKERY

This raw bakery and bistro is an all-vegan venue near the centre of Vienna. Just like everything else in the bustling city, the prices are high, but it's totally worth it! For anyone looking for raw vegan food, this is a must-stop for you.

## VLAIRE UISINE RESTAURANT & BAR

The last place I will recommend is where you should take all of your meat-eating friends for a sneaky, plant-based surprise. While all the food is vegan, it does not mention it anywhere on the menu, with meals boasting faux 'chicken' and 'beef'. The cuisine is mouthwatering and the sizes are very generous – ensuring you leave happy and stuffed to the brim.

## MUST-SEES

Some of my other 'must dos' in the city include walking around the city centre – especially the parks around the Parliament building. This gives you the best opportunity to admire the century-old architecture and surrounding historic landmarks. My personal favorite structure, in the entire city, has to be the French Embassy, with its stunning arches and ornate, inspired golden work.

During the weekends you'll also see the centre flooded with an array of markets, where locals and tourists alike mingle, sip on local wine, and taste test from the hundreds of haggling stall owners.

## DON'T WORRY ABOUT LANGUAGE BARRIERS!

Vienna truly is an international city, with travellers having been arriving and settling here for centuries, meaning the majority of the local population does speak English. You should have no problems in the city centre, with all hospitality workers being fluent in the language and ready to provide bilingual menus. Though, do remember that it's always polite to make an effort to learn a few local language basics.

### TAKE NOTE:

As is the case in many European cultures, you can be easily caught out by subtle elements of butter or cheese being hidden somewhere within a seemingly harmless plant-based dish – just be sure to double-check specific ingredients with the chef or waiter beforehand.

Eating out abroad can often be a case of vegan roulette, where you're never 1,000 per cent sure of what's in the food, but don't be scared off, as often you'll manage to hit the jackpot and find a delicious vegan dish you'd never have thought of trying at home.

### VEGAN VERDICT:

Even though Vienna has not reached the top ten vegan spots in Europe – with Berlin, London and Prague snatching up the coveted top three spots – it's still a great destination for your plant-based summer holiday. If you're a fan of culture, classical music and architecture, you're in for a treat!

**VEGAN RATING: 8/10**

• Words: Katt Andryskova  
Instagram/ @veganiverkatt  
[myveganexperiment.com](http://myveganexperiment.com)





**Per serving (550g)** Calories 333, Fat 8.2g, Saturates 1g, Carbohydrate 57g, Sugars 14g, Fibre 12g, Protein 10g, Salt 1.9g

## AUSTRIAN GOULASH

**Serves:** 4

**GF NF**

Goulash is a paprika-flavoured stew, which originates from Hungary, but has been adapted into various different cultures. This recipe packs in all the flavour of a traditional goulash without the need for any meat.

### For the goulash:

- 1 tbsp oil
- 1 tbsp dairy-free butter
- 2 onions, chopped
- 300g (10.5oz) closed cup mushrooms, quartered

- 2 carrots, chopped
- 200g (7oz) celeriac, chopped
- 2 large potatoes, chopped
- 1 tbsp paprika powder
- 4 bay leaves
- 1 tsp ground allspice
- 1 tsp ground caraway seeds
- 1 tbsp dried marjoram
- 2 tbsp tomato purée
- 120ml (½ cup) red wine
- 720ml (3 cups) gluten-free vegetable stock
- 400g (14oz) tin chopped tomatoes
- Handful parsley, chopped (to serve)

### For the sour cream:

- 150g (5oz) silken tofu
- 1 tbsp cider vinegar
- 1 tbsp lemon juice

**1** In a large saucepan warm the oil and butter over a medium heat. Then add the onions, mushrooms, carrots, celeriac and potatoes, and cook for 8-10 minutes.

**2** Add the paprika, bay leaves, allspice, caraway, marjoram and tomato purée to the pan. Mix the ingredients through and cook for a further 2-3 minutes.

**3** Then add the red wine, stock and chopped tomatoes, and leave to simmer for 20-25 minutes until the sauce has thickened and the vegetables are cooked.

**4** To make the sour cream, blend the silken tofu, cider vinegar and lemon juice together. To serve, top the goulash with the sour cream and chopped parsley.



# SATISFY YOUR *sweet* TOOTH

Our 5 favourite  
refined-sugar-free treats

## SWEET SWITCH FRUIT BONBONS

These delicious **sugar-free bonbons** are sweetened using stevia, and feature five tasty flavours in each packet. They're also gluten-free and made using natural colours and flavours. £2.17, [sweetswitch.com](http://sweetswitch.com)



## YUMINTUM SUGAR-FREE CLASSIC'S MIX

Yumintum's **sugar-free range** was developed due to the lack of vegan-friendly sugar-free sweets on the market. Enjoy childhood favourites such as rhubarb and custard, pear drops, raspberry chocolate silks and Bahama Mama's in this guilt-free selection. £3.75, [yumintum.co.uk](http://yumintum.co.uk)



## FREE FROM FELLOWS COLA BOTTLES

Free From Fellows' **sugar and gelatine-free cola bottles** are a must have. Inspired

by childhood favourites and classic sweet shop picks, Free From Fellows also make rhubarb and custard boiled sweets, gummy bears, midget gems, lollipops and pear drops. £1.30, [freefromfellows.com](http://freefromfellows.com)



## THE TREAT KITCHEN STRAWBERRY AND CREAM BOTTLE

The **Treat Kitchen** makes sweet shop classics, such as strawberry and cream hard candies. Their version is vegan-friendly and sugar-free, with many more of their nostalgic favourites being vegan and free from sugar, also. £5.95, [thetreatkitchen.co.uk](http://thetreatkitchen.co.uk)

## JEALOUS SWEETS PINEAPPLE GRAPEFRUIT GUMMY BEARS

Jealous Sweets' **sugar-free pineapple grapefruit gummy bears** are a delicious treat. All of their sweets are vegan-friendly, gluten-free and made using natural colours and flavours. £16.93 for a case of 10 bags, [thejealouslife.com](http://thejealouslife.com)



# Super Delicious Yumminess!



# SUGAR FREE

GELATINE FREE • GLUTEN FREE  
WITH NO ARTIFICIAL COLOURS OR FLAVOURS  
FREE FROM DAIRY, EGG,  
SOY, PALM OIL & NUTS

Find out more at  
[www.freefromfellows.com](http://www.freefromfellows.com)

[facebook.com/freefromfellows](https://facebook.com/freefromfellows)

[twitter@freefromfellows](https://twitter.com/freefromfellows)

[freefromfellows](https://www.instagram.com/freefromfellows)

Distributed by Bravura  
foods



# PlantBased

Please subscribe me to  
PlantBased Magazine

I enclose a cheque for the amount of:

## PRINT ONLY (ONE OFF PAYMENT)

12 ISSUES

☐ UK £45 ☐ Europe £68 ☐ US £76.56 ☐ Rest of the World £76.56

## YOUR DETAILS

Mr | Mrs | Ms: .....

Address: .....

Postcode: .....

Telephone: .....

Email: .....

## PAYMENT DETAILS

Please enclose a cheque for the amount specified above,  
made payable to Prime Impact, in an envelope addressed to:  
Prime Impact Events and Media, Park House,  
The Business Centre, Earls Colne Business Park,  
Earls Colne, Colchester, Essex, CO6 2NS

## WAYS TO SUBSCRIBE

1. Online at [subscribe.plantbasedmag.com](http://subscribe.plantbasedmag.com)
2. By phone on 01787 224040
3. By completing this form and returning it to us in an envelope addressed to: Prime Impact Events and Media, Park House, The Business Centre, Earls Colne Business Park, Earls Colne, Colchester, Essex CO6 2NS (for one off payments only)

\*RRP £59.88 based on UK subscription. PlantBased is published 12 times a year. European and worldwide subscription prices will differ due to international shipping costs.

# SUBSCRIBE TO PLANTBASED FOR 1 YEAR



**Print**  
**12 issues**  
**£45.00\***  
(Save over 25%)  
one off payment  
payable by cheque  
or online

For further subscription  
options and offers,  
visit [subscribe.plantbasedmag.com](http://subscribe.plantbasedmag.com)



**Digital**  
**12 issues**  
**£25.99**  
(Save 45%)  
**6 issues**  
**£16.99**  
(Save 30%)

Visit [subscribe.plantbasedmag.com](http://subscribe.plantbasedmag.com)



\*RRP £59.88 based on UK subscription. PlantBased is published 12 times a year. European and worldwide subscription prices will differ due to international shipping costs.

Pay today with **PayPal**<sup>™</sup>



# Subscribe today

Only £45 for 12 issues



## INSIDE EVERY ISSUE

- Over 80 plant-based recipes and ideas
- Exclusive interviews with vegan icons
- Expert health and nutrition advice
- The latest plant-based news and products
- Essential guides to your favourite ingredients

Save even more by ordering online<sup>†</sup>

## Never miss an issue

<sup>†</sup> Sign up for your printed or digital subscription by visiting [subscribe.plantbasedmag.com](https://subscribe.plantbasedmag.com)

### 3 EASY WAYS TO SUBSCRIBE

Online: [subscribe.plantbasedmag.com](https://subscribe.plantbasedmag.com)

Telephone: 01787 224040

Post: Complete the form opposite





# ARTICHOKE

## *in focus*

## EVERYTHING YOU NEED TO KNOW ABOUT JERUSALEM ARTICHOKE

### FUN FACTS

**IN SEASON:** October – early April

**LATIN NAME:** Helianthus tuberosus

**GOOD SOURCE OF:** Iron, fibre, vitamin B1 and potassium

**TYPES:** Fuseau, Dwarf Sunray

Surprisingly, Jerusalem artichokes are actually related to sunflowers and really aren't an artichoke at all. But that's not the only pretence they're playing under; despite the name, Jerusalem artichokes do not originate from the Israeli city, either. It's believed that the name came from the mispronunciation of the Italian word for sunflower: girasole. Jerusalem artichokes are in fact native to America.

But, despite the many myths surrounding it, the Jerusalem artichoke is a delicious, nutritious and highly underused vegetable. Also known as a sunroot, sunchoke or topinambur, the Jerusalem artichoke boasts a sweet, nutty flavour and delicious crunchy texture. Sure, they're not exactly pretty on the outside, with dull red-ish skin and bulbous shape, but under that they're packed with iron, potassium and vitamin B1. And, although they have a sweet flavour, their starchy fibre – being an especially rich source of inulin – helps to stop your blood sugar spiking; plus, they have a lower GI (glycaemic index) than potatoes.

The down side: they need either some serious washing, or a lot of time spent

peeling away the outer layer. However, thanks to them being reasonably cheap, you can risk some fairly harsh peeling. Jerusalem artichokes have also gained a bit of a bad rep for causing flatulence – but this is mainly due to their fibrous nature, so really we can't moan.

### NUTRITIONAL BREAKDOWN

According to the USDA ([usda.gov](https://www.usda.gov)) 100g of raw Jerusalem artichokes contains approximately:

- 73 calories
- 4mg sodium
- 17g carbohydrates
- 1.6g dietary fibre
- 9.6g sugar
- 2g protein
- 3.4mg iron

As well as around 10 per cent of your daily vitamin C intake, two per cent of your calcium and over 20 per cent of your daily thiamin (vitamin B1).



# BUT WHAT CAN I DO WITH JERUSALEM ARTICHOKEES?



## SIMPLY SAUTÉED

Peel the Jerusalem artichokes and cut them into roughly square chunks. Then pop the pieces into a frying pan with a little oil and fry until golden on all sides. Add a few bay leaves, a little crushed garlic, some black pepper and, if you fancy, a splash of vegan white wine. Pop a lid on top and leave for 15-20 minutes until the liquid has been absorbed. Then remove the lid and turn the heat up a little to ensure the artichoke pieces are crisp, before serving.

## 'SUNCHOKES' AND SPICE CAKE

Similar in texture to a carrot cake, the subtle sweetness of the Jerusalem artichoke works wonders in a sweet bake. Whisk together melted coconut oil with a little dark brown sugar, vanilla essence and soya milk. In a separate bowl mix together plain flour, baking powder, cinnamon, ginger, ground cloves and just a little orange zest. Combine the wet and dry ingredients before adding finely grated Jerusalem artichoke and a sprinkling of crushed walnuts. Bake the cake until it's well risen and golden brown on top, then leave to cool before finishing with vegan cream cheese or yoghurt icing.

## JERUSALEM ARTICHOKE PIZZA

Make a basic pizza base using plain flour, yeast, a little salt, warm water and olive oil. Once kneaded, leave to rise. Then roll out to a rough pizza shape. Cover the dough with a base of passata, or, if you're feeling adventurous, pesto. Then peel and finely slice the Jerusalem artichokes (using a peeler will give you very fine slices), and lay these over the base. Sprinkle over some sliced red onion, spinach leaves and halved black olives and finish with a dusting of grated dairy-free cheese before baking until the base is crisp and golden brown.

## JERUSALEM ARTICHOKE GNOCCHI

Peel and dice Jerusalem artichokes; then boil these in a large saucepan until the pieces can be easily mashed. Push the cooked artichoke through a ricer, or mash them with a fork. Place the artichoke mix on a floured surface, and add a little melted dairy-free butter. Add plain flour, a tablespoon at a time, to the mixture, while folding it together. Once a dough is formed, knead it lightly, then roll it into a sausage shape and slice it into ½-inch thick pieces. Boil the gnocchi in a large saucepan until they float to the top. Serve with your favourite pesto or pasta sauce.







# BAKED ARTICHOKE WEDGES WITH LEMON AND GARLIC AIOLI

Serves: 4

GF NF

Jerusalem artichokes are a good source of fibre and are high in iron, making these a great, nutritious alternative to potato wedges.

## For the aioli:

- 1 tbsp gluten-free English mustard
- 3 cloves garlic
- 60ml (¼ cup) soya milk
- 120ml (½ cup) olive oil
- 1½ tsp cider vinegar
- 1 lemon, juice and zest
- Handful chives, finely chopped

## For the wedges:

- 800g (28oz) Jerusalem artichokes, cut into wedges
- 1 tbsp fresh thyme, chopped
- 1 tbsp fresh rosemary, chopped
- 2 tbsp olive oil

**1** To make the aioli, add the mustard, garlic, soya milk, olive oil, cider vinegar and lemon juice and zest to a bowl. Using a stick blender, blend the ingredients until smooth, then stir through the chives.

**2** Preheat the oven to 180°C/355°F/Gas 4. For the wedges, in a bowl toss together the Jerusalem artichoke chunks, thyme, rosemary and oil. Then transfer to a baking tray and cook in the oven for 45 minutes until the wedges are golden and soft in the centre. Serve the wedges with a pot of aioli, for dipping.

**Per serving (275g)** Calories 456, Fat 34g, Saturates 4.7g, Carbohydrate 37g, Sugars 20g, Fibre 4g, Protein 4.9g, Salt 0.13g



# JERUSALEM ARTICHOKE SOUP WITH SAUTÉED CHESTNUT MUSHROOM CRUMB

Serves: 6

NF

This soup has a naturally creamy and smooth texture thanks to the Jerusalem artichoke and potato, while the garlicky mushroom crumb adds a depth of flavour and a little crunch.

## For the soup:

- 1 tbsp oil
- 1 white onion, diced
- 2 cloves garlic, puréed
- 400g (14oz) Jerusalem artichokes, peeled and chopped
- 400g (14oz) potatoes, peeled and chopped
- 1.2L (5 cups) vegetable stock
- Salt and pepper, to taste

## For the mushroom crumb:

- 1 tbsp dairy-free butter
- 1 clove garlic, puréed
- 1 tbsp fresh thyme, chopped
- 200g (7oz) chestnut mushrooms, chopped
- 90g (1½ cups) fresh breadcrumbs, toasted
- Handful parsley, chopped

**1** To make the soup, add the oil to a pan over a medium-high heat. Then add the onion and garlic, and sauté for 3-4 minutes.

**2** Add the Jerusalem artichoke and potato to the pan and cook for a further 2-3 minutes, before adding the vegetable stock and leaving to simmer for 1 hour.

**3** Once simmered, purée the soup with a stick blender until smooth, and season to taste with salt and pepper.

**4** For the mushroom crumb, in a frying pan over a medium heat add the butter, garlic, thyme and mushrooms. Fry until the mushrooms are golden and cooked through.

**5** Stir the toasted breadcrumbs into the mushrooms and cook for a further 1-2 minutes. Then remove from the heat and stir through the parsley. To serve, sprinkle the mushroom crumb over a bowl of the warm soup.

## Per serving (209g)

Calories 182, Fat 4.9g,  
Saturates 0.7g, Carbohydrate 32g,  
Sugars 4.2g, Fibre 3g, Protein 5.8g,  
Salt 1.1g



Per serving (371g) Calories 610, Fat 9.5g, Saturates 1.6g, Carbohydrate 110g, Sugars 9.6g, Fibre 4g, Protein 11g, Salt 1.3g

## JERUSALEM ARTICHOKE AND ASPARAGUS RISOTTO WITH GREMOLATA

Serves: 4

GF NF

The Jerusalem artichoke purée gives this risotto a really creamy texture, which works beautifully with the fresh flavours of the gremolata and asparagus.

### For the gremolata:

- 1 bunch parsley, finely chopped
- 2 cloves garlic, finely grated
- 2 lemons, zest only

### For the purée and filling:

- 300g (10½oz) Jerusalem artichokes, peeled and chopped
- 2 tbsp dairy-free butter
- 200g (7oz) asparagus, chopped

### For the risotto base:

- 1 tbsp olive oil
- 1 onion, diced
- 2 stalks celery, diced
- 2 cloves garlic, puréed

- 450g (2 cups) Arborio rice
- 240ml (1 cup) white wine
- 960ml (4 cups) gluten-free vegetable stock

**1** For the gremolata, mix the parsley, garlic and lemon zest together in a bowl, and set to one side.

**2** To make the Jerusalem artichoke purée, place the artichokes in a saucepan and cover with water. Bring to the boil and cook for 8-10 minutes until tender, then drain off the water. Add 1 tablespoon of the butter, before blending, to create a smooth purée.

**3** For the risotto base, in a large saucepan over a medium heat add the olive oil, onion, celery and garlic and cook for 3-4 minutes until the vegetables are soft.

**4** Add the Arborio rice to the pan and cook for a further 1-2 minutes. Then add the white wine and cook, whilst stirring, until the wine is fully absorbed.

**5** Slowly add the stock to the pan, in stages, whilst stirring, allowing the stock to absorb each time, before adding more. Continue this process until all the stock is used and the rice is cooked through. Fold the artichoke purée through the risotto.

**6** Use the remaining tablespoon of butter to sauté the asparagus in a frying pan over a medium heat for 3-4 minutes. Then mix this through the risotto and sprinkle with the gremolata, to serve.



# JERUSALEM ARTICHOKE AND POTATO BOULANGERE

Serves 4

SF GF NF

Taking its name from the French word for baker, this dish was traditionally given to the local bakery to cook in their ovens. The addition of Jerusalem artichokes gives the dish an earthy, nutty flavour.

- 1 tbsp oil
- 2 onions, finely sliced
- 2 tbsp chopped fresh thyme
- 400g (14oz) potatoes, peeled and sliced 5mm thick
- 400g (14oz) Jerusalem artichokes, sliced 5mm thick
- 480ml (2 cups) gluten-free vegetable stock

**1** Preheat the oven to 200°C/400°F/Gas 6. Pour the oil into a frying pan over a medium heat, and sauté the onions and thyme for 4-5 minutes until soft and brown.

**2** In a baking dish layer the sliced potato, artichoke and cooked onion, repeating until all the ingredients are used and the dish is full. Pour over the stock and place in the oven for a 50-60 minutes. To check if the boulangere is cooked push a skewer through the centre – it should go through with ease.

**Per serving (262g)** Calories 190, Fat 3.4g, Saturates 0.2g, Carbohydrate 39g, Sugars 13g, Fibre 5g, Protein 4.7g, Salt 1.1g





# DOES DIVERSITY MATTER?

Dr Greger explains why we need more than just kale to keep healthy

by Dr. Michael Greger



**W**hen it comes to what we eat, it feels difficult to know who to believe. One article claims one

thing, and the next claims another.

Physician Dr. Michael Greger is also the author of the health and nutrition guide 'How Not To Die', which instantly became a New York Times Best Seller. The book has become something of a holy grail within the plant-based community, with a wealth of information on how switching to a plant-based diet can be beneficial to human health.

We're excited to bring you Dr. Greger's thoughts each issue to dispel confusion over many of the misnomers floating around; so that you can feel confident when explaining your plant-based diet to friends, family and colleagues.



## FOOD ANARCHISTS

According to a recent survey, the number of American adults who say they are eating 'pretty much whatever they want' is at an all-time high, which unfortunately includes 'too few fruits and vegetables', as well as 'too little variety'. Half of all fruit servings are taken up by just six foods: orange juice, bananas, apple juice, apples, grapes, and watermelons. Only five foods — iceberg lettuce, frozen potatoes, fresh potatoes, potato chips, and canned tomatoes — make up half of all vegetable servings. We're not only eating too few fruits and veggies; we're also missing out on the healthiest fruits, which are berries, and the healthiest vegetables, which are dark leafy greens. The fruit and vegetable palette for our palate is sadly lacking.

## SPECIFIC RECEPTORS FOR DIFFERENT FRUITS AND VEGETABLES

Why does dietary diversity matter? As I discuss in my video 'Specific Receptors for Specific Fruits and Vegetables', different foods may affect different problems. Cabbage, cauliflower, broccoli, and Brussels sprouts are associated with a lower risk of colon cancer in the middle and right side of our body, whereas the risk of colon cancer on the left side of our body appears to be better lowered by carrots, pumpkins and apples. So it seems that specific fruits and vegetables may not only reduce the risk of specific types of cancer, but could even affect the risk of disease on different parts of the same organ — emphasising the importance of a balanced diet.

## LONG LIVE HEALTHY VEGANS

Variety is the spice of life — and may prolong it. Studies have indicated that — independent of the quantity of veg you consume — the variety of fruit and vegetables you eat may decrease lung cancer risk; meaning if two people eat the same number of fruits and vegetables, the one eating a greater variety may be at lower risk.

It's not just cancer risk, either. In a study of thousands of men and women, it was shown that a greater quantity and variety of vegetables may be beneficial for reducing the risk of type 2 diabetes. Even after removing the effects of quantity, the study concluded that adding two new types of fruit and veg per week, to a participant's diet, was associated with an eight per cent reduction in the incidence of type 2 diabetes. Why? Well, it may be attributable to the individual or combined effects of the many different bioactive phytochemicals in fruits and vegetables. The consumption of a wide

variety of fruit and vegetables will, of course, increase the likelihood of consuming more of these health-effective phytochemicals.

All vegetables may offer protection against chronic diseases, but each vegetable group contains a unique combination and amount of phytonutrients, which distinguishes them from other groups. Indeed, because each vegetable contains a unique combination of phytonutrients (vitamins, minerals, dietary fibre and phytochemicals), eating a greater diversity of vegetables means you'll receive a greater diversity of health benefits.

## VEGETABLES ARE VEGETABLES, RIGHT?

Does it matter, though, if we get alpha-carotene or beta-carotene? Isn't an antioxidant an antioxidant? No. It has been shown that phytochemicals bind to specific receptors and proteins in our bodies. For example, our body appears to have a green tea receptor — that is, a receptor for EGCG, which is a key component of green tea. There are also binding proteins for the phytonutrients in grapes, onions and capers. Recently, a cell surface receptor was identified for a nutrient concentrated in apple peels. Importantly, these target proteins are considered indispensable, but they can only work their magic if we actually eat them.

## TASTE IT, DON'T TAKE IT

It's equally important to ensure you physically consume the fruits and vegetables rather than rely on supplements — eating a whole orange as opposed to taking a vitamin C pill, means you won't miss out on all the other wonderful things in oranges that aren't in the pill. When it comes to the unique phytonutrient profile of each fruit and vegetable, it truly is like comparing apples to oranges.

This is one of the reasons I developed my Daily Dozen checklist of foods to incorporate into one's routine. Download the free iPhone and Android apps, and be sure to watch my video 'Dr. Greger's Daily Dozen Checklist'.

I discuss how produce variety — not just quality and quantity — may be important in my videos 'Apples and Oranges: Dietary Diversity', and 'Garden Variety Anti-Inflammation', so I hope you'll check them out. You can also learn more about why combining certain foods together may be more beneficial than eating them separately in 'Food Synergy'.

• For more information on Dr. Greger's work head to: [nutritionfacts.org](http://nutritionfacts.org)



100%  
organic  
cold pressed  
juices



follow us on Instagram  
[@wholehearted.organic](https://www.instagram.com/wholehearted.organic)

or visit our website  
[wholehearted.online](http://wholehearted.online)



NUTRITIONIST'S  
NOTEBOOK

# Plant Milks

**Viva!**  
HEALTH

By Veronika Powell MSc,  
Viva! Health.



With a myriad of plant milks on offer, it's time to explore the milky way, assess the health benefits of each and see how they compare to cow's milk.

Firstly, let's have a proper look at what any milk actually is – a very watery liquid; around 90 per cent is always water. Therefore, any amount of nutrients it contains is more or less diluted, and any health effects depend on how much of it you drink.

## A SWEET SURPRISE?

As you can see in the comparison table, dairy milk contains more sugar than most plant milks. Why is there sugar in plain dairy milk you ask? Milk sugar – lactose – is a natural component of milk. It's a simple sugar, which means it breaks down fast and is quickly absorbed by your body in the same way as table sugar. On the other hand, unsweetened plant milks have almost no sugar and even the sweetened varieties are often sweetened with apple juice, which is better for you than pure sugar. So, on the sweet front, all plant milks are winners!

**Lowest in sugar:** soya, almond and hemp milks

## FLOATING FATS

Dairy milk always contains saturated 'bad' fats, which are a risk factor for heart disease. In that respect, coconut milk is similar as it's the only type of plant milk that naturally comes with a high saturated fat content. All the other plant milks have a very healthy fat profile. Hemp milk even contains an extra dose of essential omega-3 fats. Rice, oat and almond milk have the absolutely lowest fat content.

**Lowest in fat:** soya, almond, oat, hemp and rice milks

## PACKING IN THE PROTEIN

Protein levels vary and although dairy milk has about the same protein content as soya milk, cow's milk proteins – casein in particular – are difficult for the human body to digest. In fact, they actually used to make furniture glue out of casein! So it certainly doesn't seem

like a smart addition to our diets. Soya not only contains a good amount of protein but it's better protein, too. Soya protein has been shown to lower cholesterol and may even reduce the risk of breast cancer.

All the other plant milks contain little protein, but that's not an issue, as milks of any kind aren't among our major protein sources – unless you drink them by a gallon!

**Best for protein:** soya milk

## LIQUID CALCIUM

The amount of calcium you get from most fortified plant milks is the same as from cow's milk. However, not all varieties are fortified, so double check the carton. Organic varieties are usually not fortified but most other plant milks are.

The calcium in dairy milk is why we've been told to drink the white stuff, but it's neither the only, nor the best source of this mineral. Other sources include leafy green vegetables, pulses, tofu, nuts and seeds (in particular almonds, sesame seeds and tahini), dried figs, oranges, fortified plant-based yoghurts and even granary bread.

**Best for calcium:** all fortified plant milks

## FANTASTIC FIBRE

All plant milks contain some fibre, which is essential to good health, whilst dairy milk never contains any. Fibre helps to keep your digestive tract healthy and can slow down sugar digestion. Soya, almond, hemp and oat milk are best for fibre but oat milk beats the others hands down.

**Best for fibre:** oat milk

## ENVIRONMENTAL IMPACT

It takes 1,020 litres of water to produce one litre of cow's milk. To produce the same amount of soya milk you need 200-297 litres of water – and even less for other crops, such as oats or hemp. Almonds drink a bit more, but they're certainly not the culprit behind California's water crises, as some tabloids

claimed – unlike livestock farms (but that's a topic for another time).

If you'd like to go for the most environmentally-friendly options, choose milks made from locally grown crops – oats, hemp seeds, Spanish almonds or European soya are all good choices. Research your favourite brand to find out where their ingredients come from, and don't forget that organic varieties are also gentler on the environment, so if your wallet allows, go organic.

## IODINE

Iodine is a trace element found in seawater, rocks and some types of soil. In the human body, it is essential for the production of the thyroid hormones and necessary for the development of the nervous system and cognitive abilities in infancy and childhood. Too much or too little iodine can throw our metabolism off balance.

The amount of iodine in plants depends on how much iodine is in the soil in which they grow. On the other hand, seaweed is always a good source as it absorbs iodine from seawater.

Cow's milk contains iodine because cows get it in their feed, but also as a result of iodine udder washes – not the most natural source! Some media articles warned that most plant milks lack iodine and as such are inferior to cow's milk. Don't be fooled – cow's milk is not a major source of iodine and we can find this element elsewhere, such as in seaweed. And as for plant milks – only very few are fortified with iodine so always check the packaging.

## AND THE WINNER IS?

It's impossible to pick which plant milk is the best, and ultimately, it comes down to taste. All plant milks are more ethical, sustainable and healthier than cow's milk. So don't fret too much about which to pick, if you've ditched dairy, you've already made a smart choice.

• **Words:** Veronika Powell, Viva!Health  
Viva!Health is a part of the charity Viva!, Europe's largest vegan campaign group.  
[vivahealth.org.uk](http://vivahealth.org.uk)

Nutrient/100g	Semi-skimmed dairy milk	Soya Milk	Almond Milk	Oat Milk	Hemp Milk	Rice Milk	Coconut Milk
<b>Total fat</b>	2g	1.7g	1.1g	0.5-1.5g	2.8g	1g	0.9-2g
<b>Saturated fat</b>	1-1.3g	0.3g	0.1g	0.1-0.2g	0.3g	0.1g	0.9-1.9g
<b>Essential fats</b>	0-0.1g	1g	0.3g	0.7g	2g	0.6g	0g
<b>Protein</b>	3-4g	3g	0.4g	1g	0.6g	0.1g	0.1-0.2g
<b>Sugar</b>	5g	0.1-2.4g	0.1-3g	4.1g	0.1-1.8g	3.3-7g	1.6-1.9g
<b>Fibre</b>	0g	0.5g	0.4g	0.8g	0.5g	0.3g	0.1g
<b>Calcium</b>	120mg	120mg	120mg	120mg	118mg	120mg	120mg



# Plant Milks



Per 100ml Calories 68, Fat 4g,  
Saturates 0.5g, Carbohydrate 7.1g,  
Sugars 4.9g, Fibre 1g, Protein 1.8g,  
Salt 0.01g



Per 100ml Calories 105, Fat 8.8g,  
Saturates 0.8g, Carbohydrate 3.1g,  
Sugars 1.6g, Fibre 0.5g, Protein 5.7g,  
Salt 0.01g



Per 100ml Calories 32, Fat 0.2g,  
Saturates 0g, Carbohydrate 7.3g,  
Sugars 4.3g, Fibre 0.5g, Protein 0.6g,  
Salt 0.01g



These three tasty plant-based milks offer a variation on the standard varieties available in supermarkets. The beauty about making your own milk is knowing exactly what it contains – plus, you're eliminating waste at the same time... no need for any tetra packs here!

## PISTACHIO MILK

Makes: 250ml

SF OF GF

This milk is nutty and creamy, with a beautiful green hue to it. Experiment with different flavours, such as cinnamon, ground cardamom and ginger to give it a Chai-style taste.

- 100g (1 cup) pistachios
- 960ml (4 cups) water
- Dash vanilla extract
- 60ml (¼ cup) maple syrup (optional)

**1** In a high-speed blender, blend all ingredients (apart from the maple syrup) together until smooth.

**2** Taste the milk and sweeten to preference with the maple syrup. Blend again, to thoroughly combine the ingredients.

**3** Strain the milk through either a nut bag or cheesecloth-lined sieve, over a jug.

**4** Pour straight from the jug into a glass bottle or container. Store for up to 3 days in the fridge.



## QUINOA MILK

Makes: 250ml

SF OF GF NF

This plant milk is not only tasty, but nutritious too! Quinoa contains all the nine essential amino acids, as well as being high in anti-inflammatory phytonutrients. Experiment with your own choice of flavours (we like cinnamon), then use to pour

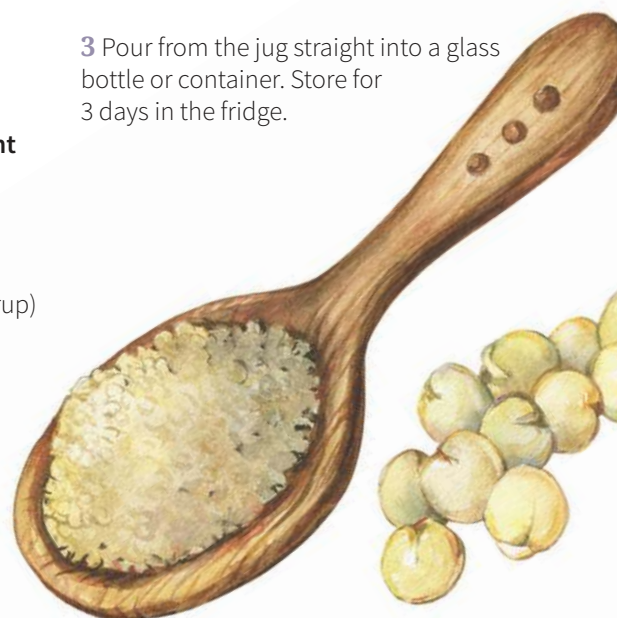
over cereals, in porridge, or just as a nutritious drink.

- 185g (1 cup) cooked quinoa
- 960ml-1.4L (4-6 cups) water (depending on how thick you want your milk)
- 4 dates (optional)
- Pinch cinnamon (optional)

**1** In a high-speed blender, blend all ingredients together until smooth.

**2** Strain through either a nut bag or cheesecloth lined sieve over a jug.

**3** Pour from the jug straight into a glass bottle or container. Store for 3 days in the fridge.



## HEMP MILK

Makes: 250ml

SF OF GF NF

Rich in omega-3 and 6, as well as being full of nutrients, minerals, amino acids and protein, hemp milk is one of the most nutritious plant-based varieties available. You can buy it in some supermarkets, but it's so easy to make, there's no reason not to do it at home.

- 160g (1 cup) hemp hearts (hulled hemp seeds)
- 720ml-960ml (3-4 cups) water (depending on how thick you want your milk)
- Maple syrup, to taste (optional)

**1** In a high-speed blender, blend all ingredients (apart from the maple syrup) together until smooth.

**2** Taste the milk and sweeten to preference with the maple syrup. Blend again, to thoroughly combine the ingredients.

**3** Strain through either a nut bag or cheesecloth lined sieve over a jug.

**4** Pour from the jug straight into a glass bottle or container. Store for 3 days in the fridge.



COCONUT



Koko Dairy Free Super. Available from Waitrose, Morrisons and more. From £1.50, [kokodairyfree.com](http://kokodairyfree.com)



CASHEW

Plenish Organic Cashew Unsweetened. From Ocado, Waitrose and more. £2.50, [plenishdrinks.com](http://plenishdrinks.com)

# 5 Marvellous Milks

Delicious dairy-free alternatives that don't cost the earth

ALMOND AND TIGER NUT



Wholefood Co. Vanilla Delight Nut Milk. £5.99, [wholehearted.online](http://wholehearted.online)



ALMOND

Almond Breeze Unsweetened. Available from Tesco, Asda and more. From £1.50, [bluediamonds.co.uk](http://bluediamonds.co.uk)



OAT

Oatly Skinny, Whole and Semi Oat Drinks. Available at Tesco, Sainsbury's and more. From £1.80, [oatly.com](http://oatly.com)



# Is this your ideal milk?

## Super Taste, Super Nutrition.

**NEW**

Koko Dairy Free Super was created with dietitians to offer specially boosted nutrition for everyone. A coconut-based alternative to milk, it is enriched with 9 key vitamins and minerals and provides more nutrients than any non-specialist milk – plant or dairy. It's low in sugar too!

With a delicious, creamy, full bodied taste and only the tiniest hint of coconut it is perfect on cereal, in smoothies and shakes or enjoyed straight from the glass. And, it's free from all major allergens. It really is Super!



Available in either chilled or ambient variants in larger stores of most major supermarkets. Also available in independent healthfood stores.





# INTO THE **wild**

THE SECRETS OF BRAMBLE BUSHES





**A**lmost everyone can recognise a blackberry bush or bramble, with its spiky, long, winding stems and beautiful shiny black berries. Everyone I speak to about starting foraging begins by picking blackberries in the autumn – and why not? They're simple to identify, taste delicious and require basically no prep. But there's more to a bramble than just blackberries! Like with all plants in spring, the bramble bush sends out new shoots and produces fresh young leaves as soon as the sun starts shining – both of which are, in my view, a spring delicacy!

## WHAT TO DO WITH BRAMBLE LEAVES

The leaves, if eaten fresh, can be a bit on the bitter side, but pop a handful of the young leaves into your favourite mug, pour over some hot water and stir through a spoon of vegan honey and you've got a super healthy, tasty drink that's full of vitamin C and antioxidants. It's also good for soothing sore throats – try a cup of bramble leaf tea to help fight off any lingering winter colds.



## THE STAR OF THE SHOW

My favourite thing about brambles is pickled bramble stars! If you're a fan of gherkins, kimchi, or fermented fruits, this is something you will want to try. When the young shoots start coming up the stems are star shaped, not round, so when you slice them, the pieces look like miniature stars – making them an adorable addition to any dish.

## HOW TO PICK BRAMBLE SHOOTS

When foraging for the bramble shoots, be sure to pick them carefully – not only because they're spiky (so do be sure to wear gloves), but also because the stems can turn woody quite quickly. Once you've found a suitable bramble bush, snap the shoots off like you would with a stick of asparagus, rather than cutting them. This should help to keep the shoots crisp and fresh until you pickle them.



## HOW ELSE CAN I USE IT?

If you're not a fan of pickling, bramble shoots can also be peeled and eaten as a vegetable. Both the leaves and root bark contain a generous amount of tannins and have been known to help with stomach inflammation and digestive problems (some people even use them to make mouthwash!). While, the tough, older stems can be used to weave baskets; once 'de-thorned' they boast a tough but flexible texture, and are really handy for crafting projects.

## PICKLED BRAMBLE STAR

This ultra-simple recipe brings out the best of wild bramble shoots. Pickled, the stems are ideal to serve on salads, mix with pulses or grains, or dollop on top of a tasty falafel burger.

- Handful young bramble stems
- Handful wild garlic leaves, shredded (or 2 garlic cloves, finely chopped)
- 1 tsp Alexander seeds (or 2 tsp cracked black pepper)
- White wine vinegar, enough to cover the stems once in a jar

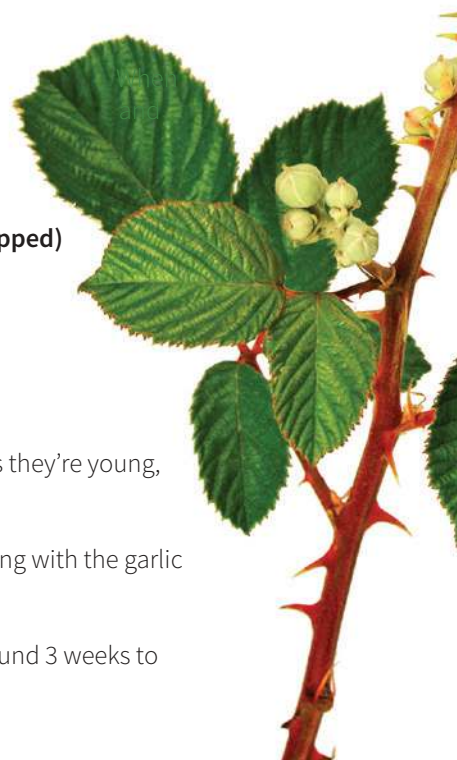
### You will also need:

- A lidded glass jar

**1** Using gloved hands, gently brush the thorns off the bramble stems (as they're young, the thorns should come off easily).

**2** Slice the stems as thinly as possible and place them in a lidded jar along with the garlic leaves and Alexander seeds (or pepper).

**3** Cover the stems with white wine vinegar and leave the mixture for around 3 weeks to ferment, before serving.





# Grow your own

## How to grow super-speedy crops

**T**he days of simply sowing a few rows of lettuces in the spring and summer are long gone. There is a huge array of quick-grow plants available now that produce leaves of many different shapes, sizes, colours, flavours and textures. Many can still be grown as individual plants and harvested as a whole, but increasingly more are grown as cut-and-come-again crops, or harvested as baby leaves (also known as micro leaves). If you are feeding just one or two people you may find you become self-sufficient for salad leaves simply by sowing a seed tray or two of mixed leaves every couple of weeks throughout the year.

### FRESH IN A FLASH

Salad leaves are quick and easy to grow, and you can harvest as much as you need for your meal just minutes before eating – resulting in a far fresher, healthier and more environmentally-friendly salad than you'd find at the supermarket. If you cannot harvest immediately before preparing your meal, for example if you have an allotment which you only visit once or twice a week, pack the leaves in a plastic bag, keep them out of the sun, and place in the fridge as soon as possible. If they look wilted, refresh the leaves in cold water.

### YOUNG STARS

In addition to the more traditional salad plants there are many other crops that can be harvested for their young leaves, including carrots, cabbages, radishes, beetroot, kale, peas, spinach, turnips and chard. If you have some old or excess seeds of these vegetables, sowing a mixture in a tray for baby leaves is a great way of using them up. Never waste anything that could feed you!

### EASY PEA-SY

As most salad plants are quick to grow, they won't need special feeding as long as you start out with good compost. Ideally use your own mix of garden compost with added grit for drainage, but be aware that if your compost has not heated up enough to kill weed seeds you may have trouble distinguishing them from the plants you have sown – especially when growing as baby leaves. You may have to buy some in organic peat-free multi-purpose compost especially for this, just to be on the safe side.

### GROWING UP

If you wish to grow salad plants to full size you will need to space them 10-20cm apart, depending on the variety. Either raise them in modules then plant out at this spacing, or sow directly into the ground, in a thicker dispersion, then thin them out as they grow. You can use the 'thinnings' in salads, soups or pasta dishes.

Remember that you don't necessarily have to wait until the plant is mature before harvesting; with many varieties you can pick off the outer leaves as they grow. For baby leaves, sowing can be much denser; sprinkle the seeds on the surface of the compost, so, on average, each mini plant is just 0.5cm or 1cm away from its neighbour. Lightly cover the seeds with more compost and water, after planting.

#### • Words: Piers Warren

Piers is the co-author (with his daughter, Ella Bee Glendining) of *The Vegan Cook & Gardener: Growing, Storing and Cooking Delicious Healthy Food all Year Round*, available from [shop.permaculture.co.uk](http://shop.permaculture.co.uk)





# WE CHOOSE NATURE

We Choose Nature is an online platform to create awareness for a more sustainable way of life. By giving global and local initiatives the opportunity to present themselves to the world and share news, information and tips we inspire everyone with respect for nature to start to take action. We are proud to say the first initiative we are supporting is JustdiggIt. **We Choose Nature – A BIOCANNA initiative**





# PLANT <sup>TO</sup> *plate*

## ACING ASPARAGUS



**A**pril is a month that is well and truly sandwiched in the growing season. It's a 'let's do this' month in the grow-your-own world, and is hence the perfect time to plant perennial asparagus.

Asparagus is best grown in your VegTrug or a raised bed, as you can control the growing conditions more effectively. Be prepared to be patient with asparagus, though, as the plant can take 2-3 years to be established enough for harvesting.

### WHICH VARIETY?

**Guelph millennium** – Produces high yields of purple-tipped, green spears, and is reliable in most soils.

**Amaro montana** – Has great nutritional qualities, produces medium-sized green spears and has great resilience, tolerating drier conditions.

**Pacific purple** – This colourful purple variety is stringless and usually more tender and sweeter than green varieties. Colour can be lost when cooked, however, so try steaming these spears, instead.

### HOW TO PLANT IT

Plant asparagus crowns instead of seeds, as they are much easier to grow. They can be planted anytime between April and June, ideally in a VegTrug or raised bed. You can plant asparagus directly into the ground, but they require weed-free, very fertile conditions and well-drained soil. Mulch the bed in advance with organic matter, such as manure or homemade compost, to discourage weeds and retain moisture. Also ensure the crowns are planted in an open site with full sun.

### THE STEP BY STEP GUIDE

**1** Dig furrows 30cm deep in the raised bed. Leave at least 45cm between each one. These are best dug down the middle of your VegTrug or raised bed.

**2** Use loose soil to create a cone-shaped mound, 10cm-15cm tall, at the bottom of each furrow.

**3** Place an asparagus crown on top of each soil 'cone'. Gently press the roots down, so they dangle around the edge of the cone. Add handfuls of soil to the furrows until the crowns are covered with 1 inch of soil.

**4** Water the asparagus plants enough to keep the surrounding soil moist without drenching it.

**5** Add more soil to the furrows as the plants begin to grow. Continue covering the emerging spears, gradually, until the furrows are level with the soil level of the raised bed.

### HOW SHOULD I CARE FOR IT?

Asparagus is best kept weed-free by hand, rather than using a hoe, as the shallow roots are easily damaged. During summer, the plants can be tall and feathery, but to avoid any top-growth breaking in windy weather, use stakes and garden twine to make a 'fence' either side of the plants for support. Asparagus needs to be cut back in late autumn, then allow the foliage to yellow before cutting it down to soil level for the winter.

Your asparagus yield will improve if steady soil moisture levels are maintained, so aim to water the plants every week for the first

two years; then cut back after four years, to watering every two or three weeks.

Simply connect your smart phone to your VegTrug Grow Care Garden stick and select your chosen asparagus variety to get specific care details at the touch of a button.

### WHEN SHOULD I HARVEST IT?

Do not harvest your plants for the first two years after planting. In the third year, harvest spears from mid-April for six weeks. In the following years you can harvest for eight weeks from mid-April. To harvest successfully, cut individual spears with a sharp knife 2½cm below the soil when they are no more than 18cm tall. In warm weather, harvest every two to three days.

### HOW SHOULD I STORE IT?

After harvest, put the spears in ice water, drain, pat dry, place in bags and immediately refrigerate. The spears will keep for up to a week and are best used fresh.





# ASPARAGUS BUNDLES WITH VEGAN HOLLANDAISE

**Makes:** 4 bundles

NF

These bundles make a great starter for a dinner party, or a nice addition to a salad, for a light lunch or dinner.

## For the asparagus bundles:

- 1 sheet of filo pastry
- 16 asparagus spears
- 1 tbsp dairy-free butter, melted

## For the hollandaise sauce:

- 4 tbsp dairy-free butter, melted
- 150g (5oz) firm silken tofu
- ¼ tsp black salt
- ¼ tsp turmeric
- 2 tsp cider vinegar
- 1 tbsp lemon juice
- 50g (generous ¼ cup) capers, chopped
- Handful parsley, chopped

**1** Preheat the oven to 200°C/400°F/Gas 6. Cut the pastry sheet, lengthways, into four equal pieces. Take one piece and wrap it tightly around four asparagus spears, to create a tight bundle, then brush with the melted butter. Repeat the process with the remaining asparagus and pastry.

**2** Place the bundles onto a baking tray and cook in the oven for 15 minutes until the asparagus is cooked and the pastry is golden and crisp.

**3** For the hollandaise sauce, add the melted butter, silken tofu, black salt, turmeric, cider vinegar and lemon juice to a blender and blend until smooth. Pour the mixture into a pan and warm over a low heat. Add the capers and parsley. Serve the bundles warm, drizzled with the hollandaise.

**Per serving (150g)** Calories 175, Fat 14g, Saturates 2.6g, Carbohydrate 10g, Sugars 2.1g, Fibre 2g, Protein 4.4g, Salt 1.2g





### Mexican pepper:

- ½ red pepper, finely diced
- ½ yellow pepper, finely diced
- ½ green pepper, finely diced
- 1 tbsp smoked paprika
- 1 tsp tomato purée
- 1 handful coriander, chopped

**1** Once you've cooked the rice according to the basic rice recipe, add in all ingredients and stir through until the peppers are evenly dispersed.

**Per serving (391g)** Calories 252, Fat 1.4g, Saturates 0.2g, Carbohydrate 55g, Sugars 3g, Fibre 3g, Protein 5.9g, Salt 1.5g

## 5 RICE RECIPES

**Serves:** 3

**GF**

Here are five ways to turn plain rice into a flavoursome and delicious side dish, that will perfectly compliment your dinner.

### For the basic rice:

- 190g (1 cup) long grain rice
- 480ml (2 cups) gluten-free vegetable stock

**1** Add the rice and vegetable stock to a saucepan over a medium heat. Allow the rice to simmer for roughly 15 minutes, or until the stock has evaporated.

**2** Leave the rice to sit for 5 minutes before using a fork to fluff it up.

**Per serving (233g)** Calories 231, Fat 1g, Saturates 0.1g, Carbohydrate 51g, Sugars 0.1g, Fibre 0.5g, Protein 5g, Salt 1.4g

**Per serving (239g)** Calories 241, Fat 1.3g, Saturates 0.2g, Carbohydrate 53g, Sugars 0.2g, Fibre 2g, Protein 5.5g, Salt 1.5g

### Turmeric and cardamom:

- 12 cardamom pods, lightly crushed
- 1 tbsp turmeric powder

**1** Add the cardamom and turmeric to the saucepan with the rice and stock, before cooking. Then cook according to the basic rice recipe.



### Garlic, lemon and parsley:

- 1 lemon, juice only
- Handful parsley, chopped
- 2 tsp garlic granules

**1** After making a batch of the basic rice, stir through the lemon juice, parsley and garlic granules, until thoroughly incorporated.

**Per serving (247g)** Calories 239, Fat 1.1g, Saturates 0.1g, Carbohydrate 52g, Sugars 0.4g, Fibre 1g, Protein 5.5g, Salt 1.5g



### Matcha and coconut

- 1 tbsp matcha powder
- 3 tbsp desiccated coconut

**1** Add the matcha to the saucepan, along with the rice and stock, before cooking.

**2** Once the rice is cooked, mix in the desiccated coconut, before serving.

**Per serving (242g)** Calories 269, Fat 3g, Saturates 2g, Carbohydrate 55g, Sugars 2.7g, Fibre 2g, Protein 5.6g, Salt 1.5g



### Tomato pesto and olive:

- 2 tbsp sundried tomato pesto
- 10 olives, sliced

**1** Add all the ingredients to a batch of the cooked basic rice. Stir the ingredients through until evenly dispersed.

**Per serving (254g)** Calories 275, Fat 5.2g, Saturates 0.7g, Carbohydrate 52g, Sugars 0.6g, Fibre 2g, Protein 5.6g, Salt 1.8g





# FRUITY COCONUT BREAD AND BUTTER PUDDING

Serves: 6

NF

The fruit compote and coconut are a great addition to this classic dessert, adding a fresh, lighter taste to the traditionally heavy, hearty pudding.

## For the fruit compote:

- 400g (14oz) fruit of your choice (we used, strawberries, pineapple, blueberries, raspberries and cranberries)
- 100g (½ cup) caster sugar

## For the custard:

- 400ml (14fl oz) tin coconut milk
- 240ml (1 cup) soya milk
- 100g (½ cup) caster sugar
- 3 tbsp cornflour
- 1 tbsp water

## For the pudding:

- 12 slices white bread, buttered and cut in half diagonally
- 3 tbsp desiccated coconut
- 2 tbsp apricot jam
- 1 tsp water

**1** Preheat the oven to 180°C/355°F/Gas 4. To make the compote add the fruit and sugar to a saucepan over a medium heat and cook for about 15 minutes, until the fruit is cooked down and the mixture is thick. Set aside to cool.

**2** For the custard, mix the coconut milk, soya milk and caster sugar in a saucepan and bring to a slow boil. Mix the cornflour and water together and slowly pour into the mixture whilst whisking, until the custard thickens.

**3** In a baking tray, layer the bread, compote and desiccated coconut, then pour the custard over the bread and allow to soak in for 30 minutes. Once the custard had soaked into the bread place in the oven and bake for 30 minutes.

**4** Whilst the bread and butter pudding is baking, heat the apricot jam with the teaspoon of water, remove the pudding from the oven and brush the top with the warm jam. Return to the oven and bake for a further 10 minutes to glaze the top.

**Per serving (261g) Calories 434,**  
Fat 18g, Saturates 14g,  
Carbohydrate 67g, Sugars 40g,  
Fibre 3g, Protein 6.6g,  
Salt 0.56g





# SEITAN STROGANOFF

Serves: 6

NF

The sauce for this rich and tasty stroganoff is beautifully creamy, thanks to the silken tofu. Using tofu instead of dairy-free cream also helps keep the dish low in fat without compromising on flavour.

- 1 tbsp olive oil
- 1 white onion, finely diced
- 2 cloves garlic, pureed
- 200g (7oz) mushrooms, sliced
- 2 red peppers, sliced
- 500g LoveSeitan Classic Seitan Log, cubed
- 1 tbsp smoked paprika
- 2 tbsp tomato purée
- 2 tbsp yeast extract
- 350g (12oz) firm silken tofu
- 480ml (2 cups) vegetable stock
- 1 tbsp maple syrup
- 1 tbsp cornflour
- 1 tbsp water
- Cooked rice, to serve

**1** In a saucepan heat the olive oil over a medium heat, then add the onion, garlic, mushrooms, red peppers and seitan and fry for 4-5 minutes, until the vegetables soften. Then add the smoked paprika, tomato purée and yeast extract and mix well.

**2** Add the silken tofu, vegetable stock and maple syrup to a blender and blend until smooth. Then add this to the saucepan and stir it through to ensure the ingredients thoroughly combine.

**3** Mix the cornflour with the water, then bring the stroganoff to the boil and stir in the cornflour mix until the sauce thickens. Serve on a bed of rice.

**Per serving (168g)** Calories 171,  
Fat 3.9g, Saturates 0.6g, Carbohydrate 15g, Sugars  
5.8g, Fibre 2g, Protein 21g, Salt 2.5g







Chef's Top Tip  
choose:



# LOVE SEITAN

Developed in the **kitchen**  
not in the **lab**

We make probably the best seitan in the world. Our products come in a range of tempting flavours lovingly developed in the LoveSeitan kitchen where we are dedicated to perfecting the art of making the most amazing seitan available. We make it so you don't have to.



- Palm oil free
- 100% natural ingredients
- High in plant based protein
- Low in fat
- 0% cholesterol



Order online at  
[www.loveseitan.com](http://www.loveseitan.com)

f t i @loveseitanuk




# FOOD FOR FUEL

What to eat when you exercise

By Veronika Powell MSc, Viva!

**SPECIAL  
REPORT**





**W**hether you've just taken up jogging or are a seasoned athlete, your body needs the same set of nutrients as everyone else's to keep fit – the only difference is the quantity. How active you are largely determines how much energy you need to feed your body, but that's not where it ends. Younger people tend to have a faster metabolism; muscular people need more protein to sustain or build the muscle mass, and we all have a different speed of burning energy. So, there's no definite formula for success – you'll just have to experiment a little.

Being vegan is not just an ethical choice, it offers a wealth of health benefits to boot, so many professional athletes are switching to veganism to gain advantage and improve their performance. Why?

- 1** Plants offer healthy carbohydrates – essential for sustained energy release.
- 2** Plants have better proteins – these are easier for your body to digest and boast a better ratio of amino acids than animal protein.



**3** Plants provide healthy fats – all the essential healthy fats, which are good for your heart.

**4** Plants are rich in antioxidants – which help you recover better.

**5** Plants contain fibre – helping to keep your digestive system healthy.

## RULES OF THE GAME

Forget calling foods by their main nutrient – they aren't 'protein', 'carbs' or 'fats' unless you're talking about extracts (protein powders, sugar or oil). This kind of pigeonholing can do more harm than good because it's distorting your perception of what you're eating. Plant foods are usually a source of all three – and more!

- **Fruit and vegetables:** They're a perfect source of healthy carbohydrates (both simple and complex); antioxidants; minerals such as iron, calcium, magnesium and potassium; vitamins C, K and most vitamins from the B group.

- **Pulses:** Are a great source of protein; complex carbohydrates; B group vitamins; many minerals, including iron and calcium, and antioxidants.

- **Nuts and seeds:** Excellent for protein; healthy unsaturated fats (apart from coconut); fibre; antioxidants; minerals including zinc and selenium; vitamins E and the B group.



- **Wholegrains:** Are a source of healthy carbohydrates; protein (unlike refined grains!); some minerals and vitamins (depending on the type of grain), and antioxidants.

## THE GYM-PROTEIN MYTH

There seems to be an obsession with protein when it comes to exercise, and people are packing themselves full of powders, supplements and protein bars to keep up – but do we need it? An average person needs 0.8g of protein daily, per kilogram of bodyweight. If you're a serious athlete or want to build big muscles, you'll need to increase your protein intake, but not by much – professional athletes eat 1-2g of protein per kg of bodyweight.

Unless you're on a very restrictive diet, you're most likely getting all the protein you need. When considering the protein content of foods, don't forget to factor in how much of them you actually eat. A chickpea curry with brown rice will supply around 17g of protein; a small snack of mixed nuts – a couple of tablespoons worth – would give around 5g of protein; a couple of slices of wholemeal bread around 10g, and a breakfast of muesli with fruit and added seeds could pack 15g.

Unless you're an athlete, bodybuilder or do physically demanding work on a daily basis, you probably don't need protein powders.



## WHEN TO EAT

As a rule of thumb, it's wise to eat smaller amounts of food before you exercise and leave bigger meals for after. Your body needs energy to fuel your performance, but too much food can't be digested fast enough and may make you feel sick and sluggish. It's best to have a piece of fruit or an energy bar if you're doing intensive training. If you're going to the gym for a regular class or workout, doing a run up to 10k, cycling for one hour or attending a yoga class, no extra pre-workout food is needed.

Post-workout, try to pick something you'll digest fast, in order to get nutrients to your muscles quickly – but what that food is depends on your aim.

**Want to build muscle?** Have a smoothie with protein powder.

**Want to maintain what you already have?** A smoothie with a spoonful of nut butter or chia seeds would be ideal.

**Want to lose weight?** A piece of fruit is a great light snack.

To avoid being caught hungry (and grabbing an unhealthy emergency snack) or lacking in energy, plan ahead and make a smoothie to-go; carry some dried fruit, nut and seed packs, your favourite energy bar, or simply make a wrap with houmous or nut butter, beans and veggies – that's what the famous vegan ultra-runner Scott Jurek does.

## ENERGY BOOST

During long training sessions or endurance races, you'll need to replenish energy fast and that means eating fast carbs on the go. The best natural sources are dates, bananas, mashed sweet potatoes and raisins. These foods help to provide energy to fuel your performance when the body's own energy stores start running out. You only need to worry about this if your workouts last longer than 60-90 minutes, depending on their intensity.

You can eat fruit in its natural state, buy a ready-made energy bar or make your own. There are so many products that offer an easy solution but they tend to be pricey. With a food processor, you can easily blitz and blend your favourite ingredients and make handy energy bites at a fraction of the retail price.

For main meals, combine the wholefoods already mentioned to obtain a wide range of nutrients. Try not to rely on processed foods too much – an occasional treat is fine but your body responds much better to wholefoods. And, on top of all that goodness, make sure you have a reliable source of vitamins B12 and D, and omega-3 fats. For omega-3s, make flaxseed, chia seeds or hempseed a part of your regular meals – or you can take an algal supplement, if you're struggling to get enough.

## STARCHY CARBS

As carbohydrates are digested, they release glucose into your bloodstream and this is the main fuel that every single cell in your body needs to function. Different foods release it at different speeds – this is known as their glycaemic index (GI). Foods that release glucose fast have a high GI and are a source of fast energy – dates, refined cereals and potatoes are all good examples. Whereas, foods that release it slowly have a low GI and are good for sustained energy release over a longer period of time – most fruit and vegetables, pulses, nuts and seeds are in this category. And then there's a whole range of foods with a medium GI, such as wholegrain products, brown rice and oats.

Starch is a complex carbohydrate and a natural part of many plant foods that release their energy gradually and have a low or medium GI. These are some of the best sources of energy. For long-lasting fuel, you need to eat starchy foods, such as sweet potatoes, pumpkin, squash, beans, lentils, chickpeas, brown rice, oats, quinoa and more.

## HYDRATION IS CRUCIAL

Water is essential for every process in your body, so drink up. It's absolutely crucial that you drink enough of it, especially when you're physically active. Being dehydrated hinders your performance, recovery and your kidney's natural detoxifying abilities.

During a workout, it's best to rely on pure water. Before a workout, drinking a coffee can help boost your stamina but is also likely to send you running to the bathroom half-way through, so weigh up your priorities! Post-workout, it's no coincidence that smoothies are the go-to choice for so many people – they provide both nutrition and hydration!

**Words: Veronika Powell MSc, Viva!Health**  
Viva!Health is a part of the vegan charity Viva!, Europe's largest vegan campaign group.  
[vivahealth.org.uk](http://vivahealth.org.uk)







since 1929



**NEW**

# Quinoa Pâtés

Have you tried our new  
Quinoa Pâtés?

- ✓ Made using **Quinoa** and superfood ingredients
- ✓ Vegan and Vegetarian suitable and Palm Oil Free
- ✓ 100% Organically produced
- ✓ Free From Dairy, Gluten, Yeast and Lactose



**Perfect for spreading onto toast or crackers as an indulgent treat or even when stirred into pasta for a quick, easy vegan meal!**





• Recipe from: Liz Child, @thevegboxcafe

Send your recipe to [editor@plantbasedmag.com](mailto:editor@plantbasedmag.com) to have it published in the next issue!

## LIZ'S FAMILY FAVOURITE TOMATO DHAL

**Serves:** 4

Dhal is a staple in our house, it's the ultimate comfort food and it's so healthy, warming and filling. This is my store cupboard recipe, which uses a tin of tomatoes. We often just have it with rice, but to make the dish extra special we'll make this delicious vegan yoghurt topping and serve it with naans.

### For the turmeric, lime and coriander yoghurt:

- 250ml (1 cup) dairy-free natural yoghurt
- 1 lime, zest and juice of ½ (cut the other half into four wedges to serve alongside the dish)
- Handful coriander stalks, chopped (keep the leaves to one side, for garnishing)

- ½ tsp ground turmeric
- 1 garlic clove, crushed
- Salt and pepper, to taste

### For the dhal:

- 1 onion, diced
- 2 tbsp vegetable oil
- 1 tsp brown mustard seeds
- 1 tsp cumin seeds
- 6 garlic cloves, peeled and sliced
- 1 tsp ground turmeric
- 1 tsp ground ginger
- 1 tsp ground fenugreek
- 200g (1 cup) split red lentils
- 400g (14oz) tin chopped tomatoes (or fresh, if in season)
- 10 fresh or dried curry leaves
- Salt and pepper, to taste
- Fresh red chilli, sliced, to serve
- Naan breads, to serve

**1** For the yoghurt dip, put all the ingredients into a jug or jar and blend them, using a stick blender, until smooth. Adjust the seasoning to taste, then keep refrigerated until serving.

**2** For the dhal, fry the diced onion in the oil over a medium-high heat, until starting to colour. Then add the mustard seeds, cumin seeds and sliced garlic, and fry until fragrant.

**3** Add the rest of the spices and the lentils to the pan. Stir well to coat the lentils in all the flavours, before adding the tin of chopped tomatoes. Fill the empty tin up with water and add this to the pan, then repeat, so two lots of water are added.

**4** Add the curry leaves and season well with salt and pepper. Simmer and stir for about 20 minutes until the lentils are soft and falling apart.

**5** To serve, divide the dhal between four bowls. Place a lime wedge on top of each bowl and sprinkle with the coriander leaves and sliced red chilli. Serve alongside a bowl of the yoghurt dip and with some naan breads, if you like.



# Our Contributors

There are huge benefits to your health from eating a plant-based diet. Don't just take our word for it though, we've got an impressive line-up of experts to give you all the facts about the advantages of plant-based living.



## DR JUSTINE BUTLER

Dr Justine Butler is a senior researcher and writer at Viva!Health and has a vast knowledge of health, nutrition and the science behind food.



## HEATHER MILLS

Heather Mills is here to share her wealth of nutritional knowledge from 25 years of plant-based eating and running a hugely successful, international plant-based brand.



## DR. MICHAEL GREGER

Physician Dr. Michael Greger brings his extensive knowledge of nutrition and health in relation to a plant-based diet. Greger is the New York Times bestselling author of 'How Not To Die'.



## VERONIKA POWELL MSC

Veronika Powell writes on behalf of Viva!Health having been with the organisation since 2010. She brings a vast amount of knowledge in relation to health and nutrition.



## MAXIM LEACH

Maxim is a fitness manager, performance specialist, personal trainer and passionate vegan.



## ALESSANDRA FELICE

Alessandra is a nutritional therapist and medicinal chef who has a strong belief in the healing power of food.



## SAM WEBSTER

Passionate food forager, Sam Webster, works with James Wood, running wild food cookery and foraging courses throughout the UK and introducing people to amazing, natural, plant-based ingredients.



Published by  
Prime Impact Events & Media  
Park House, The Business Centre,  
Earls Colne Business Park, Earls Colne,  
Colchester, Essex CO6 2NS

T: 01787 224040  
info@plantbasedmag.com  
plantbasedmag.com

**Managing Editor**  
Emily Saunders

**Editor**  
Tori Cotton  
tori@primeimpact.co.uk

**Assistant Editor**  
Rebecca Horton

**Design Manager**  
Tom Sanderson

**Designed by**  
Jessie Keogh

**Publishing Director**  
Keith Coomber

**Advertising Sales**  
Pip Matthews  
pip@primeimpact.co.uk



**Promotions and Blogger  
Community Manager**  
Jessica Smith

**Subscriptions and Back Issues**  
Hannah Allen  
hannah.allen@primeimpact.co.uk

**Photography and Videography**  
Aaron Northcott

**Food Creative Team**  
Shaun Warner  
Recipe Developer  
Chantelle Leach  
Assistant Recipe Developer

The opinions and advice expressed in this magazine represent the author's understanding and interpretation of the latest research into nutrition and diet on the body. Not all contributors are medical professionals and are therefore unable to give medical advice. Any opinions expressed by non-medics are generic and do not relate to your particular situation, physiology or goals. While nutritional education can be an important complement to your lifestyle, you must not rely on any information given as an alternative to advice from your doctor or medical practitioner. You should never disregard medical advice, delay seeking advice or discontinue medical treatment because of information you receive through this magazine. As with all nutritional information, you should conduct your own research and draw your own conclusions from the wealth of peer-reviewed research available. You must not rely on any of the opinions or advice expressed in this magazine and the authors expressly disclaim any and all responsibility for any loss, damage or personal injury incurred as a result of relying on the opinions or advice given. Copyright ©2019 Prime Impact Events & Media Ltd. All rights reserved

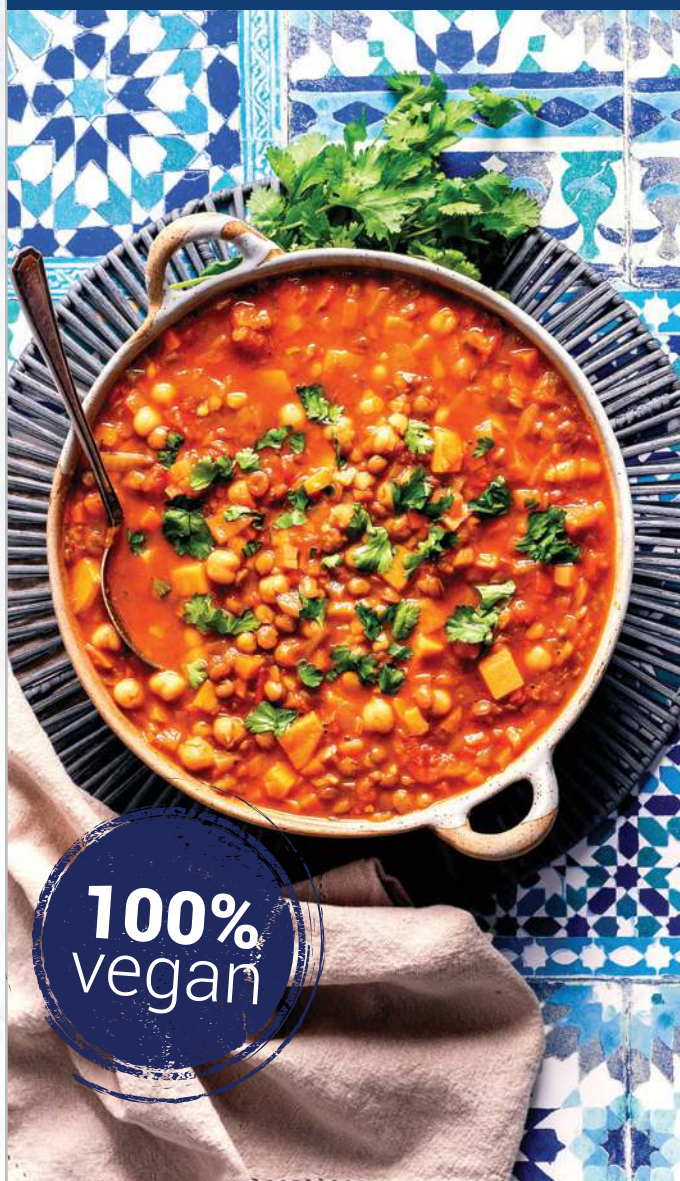
The publisher accepts no responsibility in respect of advertisements appearing in the magazine and the opinions expressed in editorial material or otherwise do not necessarily represent the views of the publisher. The publisher cannot accept liability for any loss arising from the appearance or non-publication of any advertisement. Information about products and services featured within the editorial content does not imply endorsement by PlantBased magazine. Every effort is made to ensure that all advertising is derived from reputable sources. PlantBased magazine cannot, however, accept responsibility for transactions between readers and advertisers.



# FREE Daily Recipes

Sign up to receive **FREE** inspirational  
PlantBased daily recipes.

Freshly delivered every day to your  
inbox.



## PlantBased

[plantbasedmag.com/daily-recipes](http://plantbasedmag.com/daily-recipes)



**Ambleside Manor**  
VEGETARIAN COUNTRY GUEST HOUSE

- Comfortable rooms on a vegetarian bed and breakfast basis
- Set in over two acres of private grounds with plenty of parking
- A short stroll from Ambleside and our two award-winning vegetarian restaurants Zeffirellis and Fellinis
- We fully cater for Vegans




• Rothay Road, Ambleside LA22 0EJ • 01539 432062 • [ambleside-manor.co.uk](http://ambleside-manor.co.uk)





Vegan walking and  
activity holidays

[www.veganbreaks.co.uk](http://www.veganbreaks.co.uk)

Deliciously  
professional  
ingredients for  
serious foodies

High Strength Natural Flavouring

[www.foodieflavours.com](http://www.foodieflavours.com)  
See our full range to buy online



**NEW**

Suitable for vegetarians & vegans.  
Gluten-free, Egg-free, Dairy-free, no added sugar and made in the UK.



**Over the Rainbow**  
Secluded Cardigan Bay Retreat  
Specialising in Vegan & Veggie food

- ◇ Relaxed, Quality Accommodation
- ◇ Locally Sourced / Homegrown Food
- ◇ Vegan Options Always Available





**Yoga Retreat 2-6 February 2019**



[www.overtherainbowwales.co.uk](http://www.overtherainbowwales.co.uk)





**FOREST HOG**

JOIN THE CIRCLE OF LIFE

NOT MANY PRODUCTS MATCH OURS IN TERMS OF PURITY



Safe For Children To Use



Cleaner Air



Not Tested On Animals



Vegan Friendly

A little goes such a long way

To find out more visit [foresthog.co.uk](http://foresthog.co.uk) or call 07506 540 760

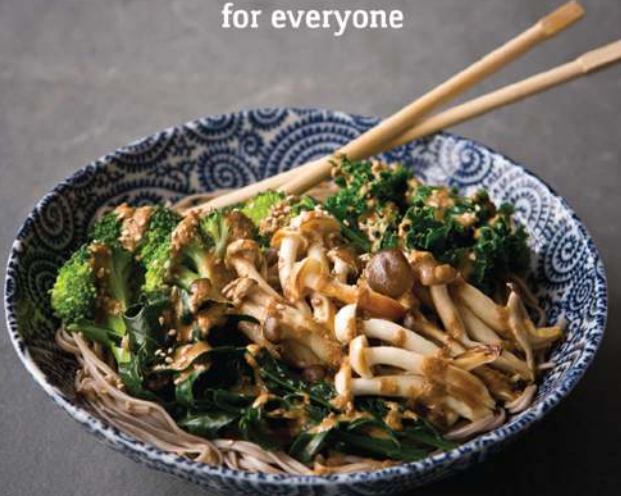
Supporting The World Forest Organisation



**Demuths**  
Cookery School

**Demuths Cookery School**

Plant-based courses  
for everyone



[demuths.co.uk](http://demuths.co.uk) [us@demuths.co.uk](mailto:us@demuths.co.uk) 01225 427 938  
6 Terrace Walk, Bath, BA1 1LN

**Big Juice**  
specialists in raw food juicing

**100% NATURAL,  
RAW & LIVE**

Made to order - Instantly frozen  
Delivered to your door.



"We have been juicing since 1999 & are still just as passionate about creating **nutritional, delicious** juices. We promote nature's way to help maintain, **remedy & support** our wellbeing.

See our full menu & order online:  
**[www.bigjuiceltd.net](http://www.bigjuiceltd.net)**

☎ 0117 9244841    ✉ [info@bigjuiceltd.net](mailto:info@bigjuiceltd.net)

**VEGETARIAN SHOES**

**Go Hemp...**

**Vegan**  
FRIENDLY FOOTWEAR  
EST. 1990

Spider XT Hemp

Veg Supreme Hemp Lo Top

Panther Hemp

WINNER  
KICKS AWARDS 2018

Order direct: [www.vegshoes.com](http://www.vegshoes.com) 01273 691913 | [info@vegshoes.com](mailto:info@vegshoes.com)

Meet your  
Vegan Match on

**green singles**

Single Vegans,  
Vegetarians  
& Environmentalists



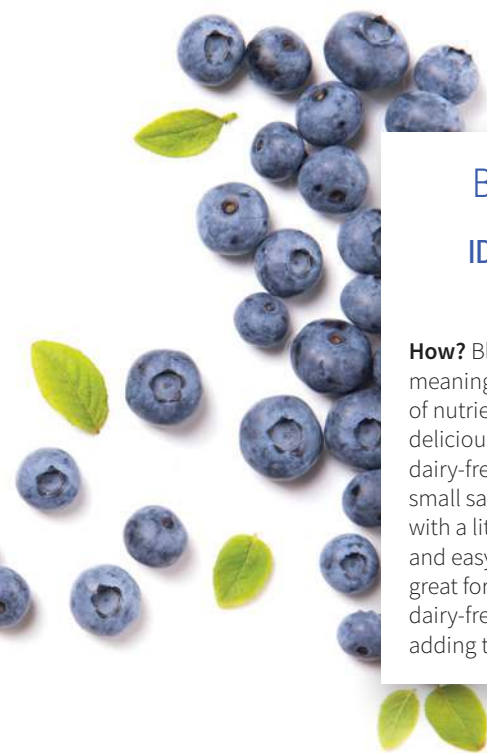
**[www.GreenSingles.com](http://www.GreenSingles.com)**



# LOOSE

## Ends

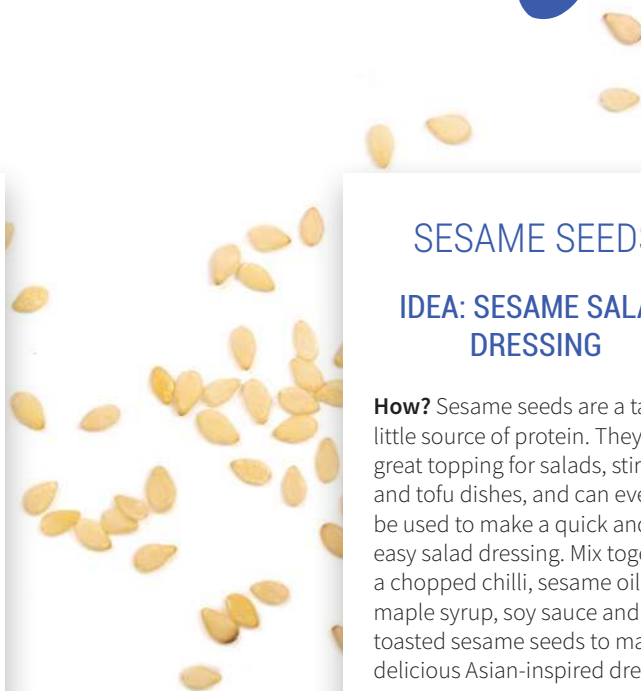
Make the most of your leftover ingredients with these recipe ideas



### BLUEBERRIES

#### IDEA: BLUEBERRY COMPOTE

**How?** Blueberries are a superfood, meaning they're packed full of nutrients, as well as being delicious. Try sprinkling them over dairy-free yoghurt or cereal. Or, in a small saucepan, cook them down with a little water to make a quick and easy blueberry compote – it's great for pairing with porridge, dairy-free ice cream, or even adding to a smoothie.



### SESAME SEEDS

#### IDEA: SESAME SALAD DRESSING

**How?** Sesame seeds are a tasty little source of protein. They are a great topping for salads, stir fries and tofu dishes, and can even be used to make a quick and easy salad dressing. Mix together a chopped chilli, sesame oil, maple syrup, soy sauce and some toasted sesame seeds to make a delicious Asian-inspired dressing.



### OLIVES

#### IDEA: OLIVE TAPENADE

**How?** Olives are full of flavour, making them a great addition to sauces. An olive tapenade, however, is easy to rustle up and is super versatile. Finely chop some olives and mix them with a little olive oil, red wine vinegar, capers and some fresh herbs, such as rosemary or thyme. Try it on toast, for a tasty snack or starter.



### WHITE WINE

#### IDEA: BOOZY BOLOGNESE

**How?** Use leftover white wine as a way to enrich creamy pasta sauces or deepen the flavour of a vegan Bolognese. Sauté onion and garlic in a saucepan, then add a tin of chopped tomatoes, tomato purée, oregano, soy sauce, soya mince, salt and pepper, and leave to simmer. Once reduced a little, stir through a good slug of wine.





# Impulse

Traditionally made tempeh



*Impulse tempeh is made the traditional way here in the UK using 100% organic soy beans.*



**Available  
Chilled &  
Frozen**

**Vegan ✓ High in Protein ✓ 100% Organic ✓**  
**Dairy Free ✓ Gluten Free ✓**



@impulsetempeh

www.impulsetempeh.co.uk

Available from Planet Organic and good independent health food shops.





# JACKETS IN A JIFFY

FROM FREEZER TO FORK IN 5 MINUTES.

FIND THEM IN THE FROZEN AISLE  
AT TESCO, MORRISONS, ICELAND, WAITROSE, OCADO  
AND OTHER INDEPENDENT STORES.

GLUTEN  
FREE &  
TOTALLY  
TASTY



- ✓ VEGAN FRIENDLY
- ✓ GLUTEN FREE
- ✓ WHOLESOME & HANDY
- ✓ TRADITIONALLY BAKED IN YORKSHIRE

WE'D LOVE TO HEAR FROM YOU  
[www.bannistersfarm.co.uk](http://www.bannistersfarm.co.uk)  
[thefarmer@bannistersfarm.co.uk](mailto:thefarmer@bannistersfarm.co.uk)  
Call us on: 01262 605650

FOR RECIPES,  
NEWS & MORE!

